

Orientation

19



93

LAMBDA STAFF

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Business Manager: Suzanne Fortin

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News Editor: Andy McKillican
Asst News Editor: open
Sports Editor: Luciano Nardi
Asst News Editor: open
Entertainment Editor: open
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Photo Editor: Séan Clark
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Redactrice Francaise: Kevin Perrault
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Office Manager: open
Production Director: Dominic Vidmar
Carine Schlup
Typesetters: open
Circulation Director: open
Archivist: Pierre J. Perreault
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Lambda is the weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students General Association, yet remains autonomous from all University organizations, both student and administrative.

Letters submitted must bear the author's full name and telephone number. Printing of names will be withheld by request.

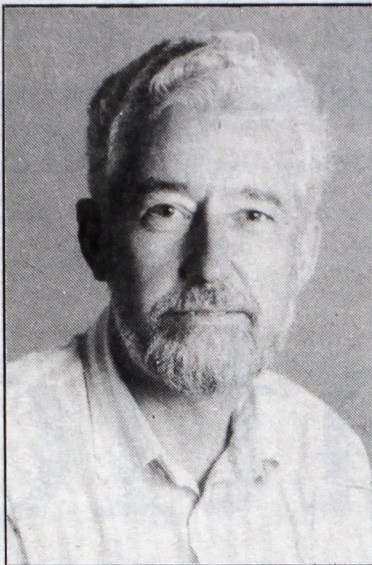
Lambda is a member of Canadian University Press (CUP) and as a member respects and upholds the CUP Statements of Principles and Code of Ethics.

Staff membership is open to all members of the Laurentian University community and is contingent upon a recognized contribution to three editions, nine hours volunteer works per term or fifteen hours per academic year. Articles written to meet external job requirements shall not be considered for the staff membership status.

Lambda Publications shall be governed by a Board of Directors known as the Lambda Publications Board of Directors. The purpose of the the Board shall be to monitor the operations of Lambda Publications to ensure that the Business Manager and the Editor-in-Chief are operating in a fiscally responsible manner and are adhering to the Constitution of Lambda. The Board is not responsible for the financial operations nor the editorial content of Lambda. It shall be a reporting mechanism to any concerned bodies.

Lambda Publications
SCE 301, Student Center
Laurentian University
Sudbury, Ontario
(705) 673-6548
(705) 675-4849 (Fax)

Message From The Director of Student Services / Message Du Directeur Des Services aux Étudiant(e)s



Paddy Blenkinsop
Director of Student Affairs
Directeur Des Affaires Étudiantes

of your experience at Laurentian, and we want you to be proud of your University!

Nous vous souhaitons la bienvenue à l'Université Laurentienne en 1993. Au bureau des affaires étudiantes, nous nous

efforçons de vous donner tous les renseignements et toute l'aide dont vous avez besoin, afin que vos premiers jours à votre nouvelle Université soient agréables.

Lisez la documentation que vous avez reçue au sujet de l'Orientation '93 et de tous les serv-

ices et possibilités qui vous sont offerts. Et venez nous rendre visite lorsque vous serez sur place.

Nous voulons que votre séjour à la Laurentienne vous soit le plus profitable possible., et nous voulons que vous soyez fiers de votre Université!

G'day from the Orientation Crew!!

Did you ever get gum on the bottom of your shoe?

Do you ever wonder who chews your pencil, why you always lose a sock in the dryer, who empties the milk jug and never fills it, why polyester is out of style, why your eyeglasses always fall down your nose, why black or white is not a colour, or why Canada waited 126 years to elect a female prime minister? Well, we don't have any answers to these questions, but we do for many others. At least, we think so!

Now, everything is ready for you, the student! We're planning a great week of activities to meet professors, other students, clubs and services on campus. We want to welcome you in the Laurentian style. We've decided to converse with you through our student paper: Lambda, because this is the main vehicle of future commu-

nications between you and the University. It is the source of information and it is up to you to ensure that it is meeting your needs.

See ya when you get here and do not hesitate to come in and see us in the Student Services office, in Room 10-210, which is located on the second floor of the R.D. Parker Building, or call us at (705)673-6506.

HAVE A GREAT YEAR AND ENJOY!!!!

Charles Allard
Nancy Bellemare
Marlene Sammon

Orientation Assistants
Student Services



Why x = 8 Has NOTHING To Do With Laurentian

All those sleepless nights cramming for finals, putting the final touches on that independent study, dividing both sides of the equation by zero to make them equal, turning up the Walkman stashed in your gym bag so you could concentrate on that test, pretending like you care why $x = 8$, it all paid off...right? Well let's hope so.

You have chosen to further your education, be it the urge to get out of the house, the opportunity to go back to all your friends in high school and tell them about fast times at L.U., or pure unbridled desire for knowledge, you are about to embark on the great university experience...you will be attending Laurentian University in just a few short weeks.

A few tips from me to you. Don't believe everything you heard from teachers, guidance counselors and people who claim that "when I was your age...". Those people were never your age. Yours is an age of challenges all its own. You have risks to take, decisions to make, and essays to fake all of your own, unique to your time and era. Not that you have been bombarded with lies of course, just not the whole truth.

The truth is that you are about to be submerged into a subculture that nothing can fully prepare you for. If you're from out of town and moving into residence, you are about to experience one of the greatest social phenomena of our time. The people you meet will become a family away from home, except maybe more tolerable. They will be your closest friends, your biggest frustrations, and the most persistent invasions of your

privacy. The alternative is to find an apartment and live on your own. Be sure that you know who you're living with. Nothing is a bigger surprise than watching Dr. Jekyll turn into Mr. Hyde over a sink full of week-old, grease-caked dishes and 99¢ mystery meat that ended its life as a green goopy mess.

I commend you on your choice to come to Laurentian. I was skeptical myself, but I soon learned that there are tremendous advantages to going to a smaller university. It is not crowded, or spread out over miles of city blocks. Everything is located close by, your professors are just a five minute walk away (and chances are your name will mean more to them than your student number!) Small classes mean you are not just a face in a crowd and, unlike the growing trend in larger universities, you have a prof in the class, not a television set and numbered lectures on videocassette for your viewing displeasure.

If you are still living at home you can be sure that you will be just as sucked in by the university experience as everyone else. LOCS offers a great opportunity to get out and meet new people, and you'll find that the social atmosphere on campus will bring you back to spend your free time.

Last year while I was traveling with Lambda across Ontario, I heard comments like "Laurentian has got the most beautiful campus..." and "Laurentian is the school that cares" from people who go to larger schools. They are right, but your university is what you make of it.

There are opportunities to get

involved and take part in the shaping of this, an expanding and exciting institution. ("Institution" being used in the kindest, gentlest manner of course.)

Read this special summer edition, graciously sponsored by Student Services. It will serve as a guide for Frosh Week activities on and off

of everything going on and off campus, then this is the place for you! We have an endless need for staff and some editorial positions are still open for anyone committed enough to jump in with both feet.

Once you get through Frosh Week, standing in line for hours to spend large sums of money on text-



campus. Club days will be taking place September 23 and 24; this is an opportunity to see what clubs are available and how to get involved in them.

You are all more than welcome to come up to the Lambda office on the third floor of the Student Centre. If crisis management is your thing, and you like to be in the middle

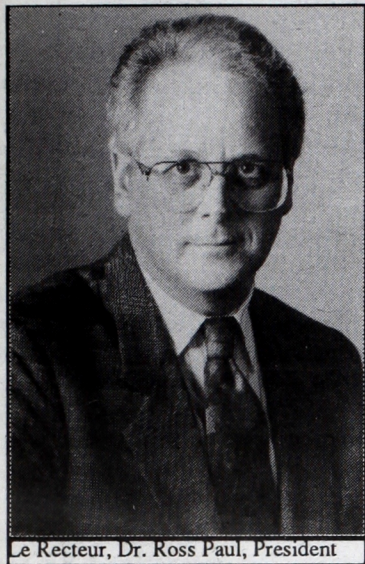
books, finding your classes, finding the third floor of the library, realize that there is no real "bowling alley" anywhere on campus, and settle in to university life, you'll be happy with the decision you made.

Good luck and all the best!

Janice Savage
Editor-In-Chief
Lambda Publications

Lambda circulates 3,600 copies throughout the city of Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments: Vesta Pasta Cafe, Backstreet Nightclub, The Black Cat, The Towne House, The Editor's Bookshop, Mutt & Jeff's Used Book Shop, the Outside Store, The Grand Theater, The Sudbury Film Society, Pak Mail, Sudbury Secondary School, Lo-Ellen Park Secondary School, Lasalle Secondary and Lockerby Composite School.

Welcome Message to Students Message de bienvenue aux étudiants



Le Recteur, Dr. Ross Paul, President

Welcome to Laurentian University, Northern Ontario's bilingual university! There are tremendous opportunities at Laurentian for those who choose to take advantage of them and I hope that your stay with us will be challenging, stimulating and enjoyable. In a very competitive society, those who develop life long learning skills will be the most successful, but paramount among those skills is the ability to work collaboratively and cooperatively with others. Laurentian's relatively small size and its interdisciplinary emphasis can do much to foster a supportive and personal learning environment.

In recognition that adjustment

to university life can be a bit intimidating, we have designed a thorough orientation programme and I would encourage you to participate actively from the start. Above all, please don't hesitate to ask anyone — faculty, staff or fellow students — for help whenever you need it. We have added an ombudsperson position this year to ensure the quality of services to students.

Good luck and I very much look forward to seeing you on campus this fall.

Bienvenue à l'Université Laurentienne, l'université bilingue du Nord-Ontario! À la Laurentienne, il existe d'énormes possibilités pour

ceux et celles qui choisissent d'en profiter et j'espère que vous trouverez votre séjour parmi nous intéressant, stimulant et agréable. Dans une société hautement compétitive, les personnes qui réussiront le mieux seront celles qui auront acquis des aptitudes de formation continue, mais la plus importante de ces aptitudes est la capacité de travailler en collaboration avec les autres. Puisque la Laurentienne n'est pas trop grande et qu'elle met l'accent sur l'interdisciplinarité, elle peut faire beaucoup pour promouvoir un milieu d'apprentissage positif et personnel.

Reconnaissant que l'adaption

à la vie universitaire peut être un peu intimidante, nous avons conçu un programme complet d'orientation et je vous encouragerais à participer activement dès le départ. Par-dessus tout, n'hésitez pas à vous adresser en tout temps à n'importe qui — professeur, membre du personnel ou camarade d'étude — si vous avez besoin d'aide. Cette année, nous avons embauché un protecteur universitaire qui veillera à la qualité des services assurés au corps étudiant.

Je vous souhaite bonne chance et j'ai bien hâte de vous rencontrer sur le campus cet automn.

Le recteur,
Ross Paul
President

Social Sciences *Ad-vice* Dean

Dr. Elizabeth A. Levin

Welcome to Laurentian University! If you are a full-time, first-year Social Sciences student enrolled in University College, then I am your academic advisor. If you are a full-time Social Sciences student, then I am also the one to see for course overloads (not available to first-year students), letters of permission, envision courses (if you are a full-time student taking more than 6 credits by envision), and various other matters. If you have a question or a problem, please don't hesitate to ask. I usually know the answers, but if I don't I can direct you to someone who does. My experience shows that if you attempt to solve small problems quickly and when they are small, it is much easier than attempting to solve really large problems.

The first few weeks of university life can be a trying time. You may be adjusting to living away from home for the first time. Some of you will be very excited, some will be scared or lonely. The academic life of a university is different from what you experienced in high school, or perhaps you have been away from school for some time. There is often much to do that can distract you from your studies. Assignment dates may seem far off in the future; however, if you don't start focusing on your studies early on, you may find yourself overwhelmed by all the work that needs to be done. So remember, have fun but don't lose sight of why you are here in the first place: for an education. Keep in mind that time spent carefully choosing your courses, for example, may make for a better year.

Please carefully read all the information the university sends to you. The university provides much information but because you are adults, you are expected to be responsible for keeping yourself informed.

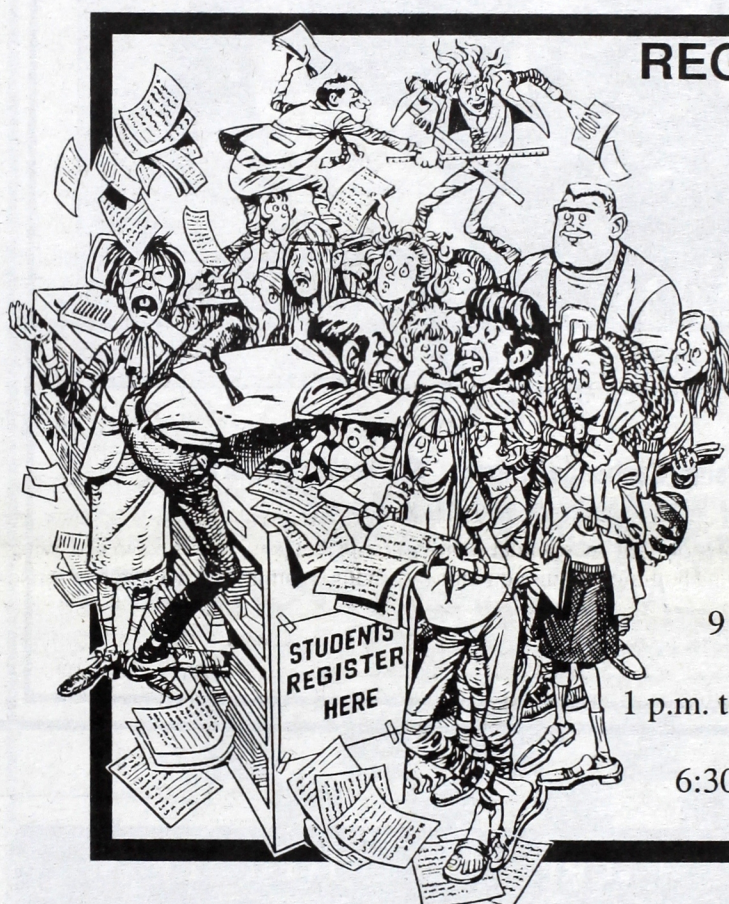
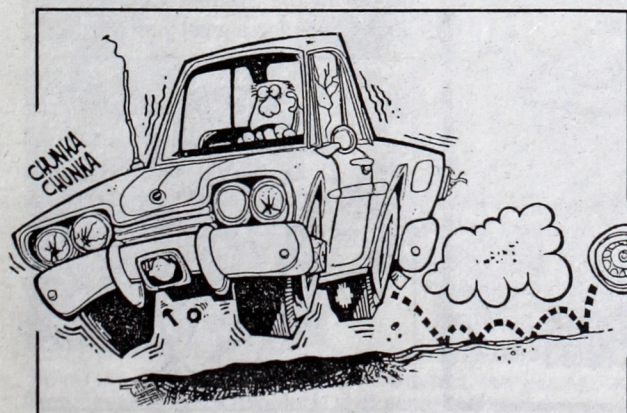
During the coming months I will be writing a column from time to time to keep you posted on important issues, to help you plan your studies and to answer your questions. If you have questions or comments, please address them to the Social Sciences Vice-Dean secretary, located in the Law and Justice office, room A126 (right next to Tim Horton's).

I look forward to seeing many of you at the in-person registration on September 9.

Sports Administration

On behalf of this year's executive council, I would like to extend a warm welcome to all our frosh, and welcome back all the returning students. This year's council (Melanie Burroughs, Fiona Maver, Geoff Kneen and Matthew Jackson) is very enthusiastic and eager about the upcoming year. We are working together to plan many new activities as well as our more popular events such as the Curling Bonspiel, SPAD Wine and Cheese, SPAD Night at the Wolves and the 3rd annual Frosh Day, which will be held on September 7. We look forward to support from our Frosh Shadows and hope to see everyone out to each event. Have a fun-filled Frosh Week, and best of luck in the upcoming school year.

Cheryl Proctor
President



REGISTRATION DAY

Date: September 9
(Thursday)

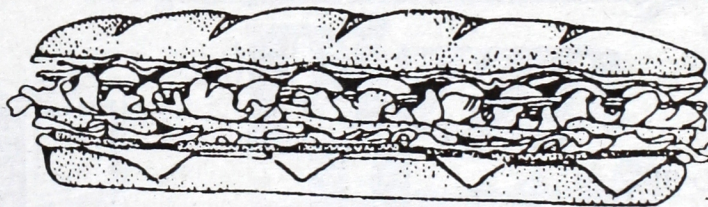
Date: H.J. Fraser
Science Building

9 a.m. to 11:30 a.m. - Students
whose surname begins A-H

1 p.m. to 3:30 p.m. - Students whose
surname begins I-O

6:30 p.m. to 8:30 p.m. - Students
whose surname begins P-Z

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Expiry Date: November 30, 1993

The Laurentian University Food Bank

We are proud to announce that the Laurentian University Food Bank will be in operation for the second consecutive year. For students who are not familiar with this service, it operates out of the Residence Office in Single Student Residence (G7 Student Street). *Lambda* will post the Food Bank Hours in September.

Started in October 1992, the Food Bank exists as a service to stu-

dents whose financial situation has taken a temporary and unforeseeable turn for the worse.

We are very happy that the service has been initiated on our campus and we simply ask that the students who use the service are the ones in need.

For more information, call the Residence Office at 675-4814.

Lambda Publications strongly

supports the L.U. Food Bank and we ask those students who are not in need to contribute to this service. Drop boxes can be found in a variety of places around campus, including residence, and the library. Every little bit counts. You never know when you may need a helping hand yourself.



photo by Tania Zulkosky

Mentor Program

This is an opportunity for a small group (20) of first-year students to gather with two senior students (mentors) and a professor (tutor). This small group will help you integrate into university life.

Mentors are successful and well-informed senior students who choose to spend time and talk with first-year students about their new university experience.

Tutors are professors who are willing to help new students understand what university is all about and help them achieve their goals.

This program is geared to Arts and Sciences students because theirs are less structured programs than those of professional schools. A number of optional courses must be selected. Your support group can provide the information and support you need to make the best decisions.

This program is also geared towards off-campus students because students living on-campus are already surrounded by senior students who can help them out. Students off-campus are more isolated, and the information group provides an opportunity to establish contact and find ongoing support during the first year of university life.

Topics for the meetings will be chosen to meet your needs, but they can include such things as registration, social activities on campus, adaptation to university life, student services, writing essays, preparing for exams and other issues that arise.

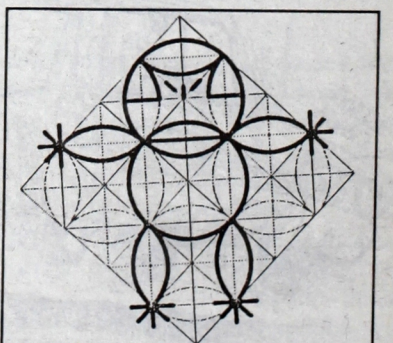
We suggest you attend at least the FIRST of four meetings. Then you could decide whether or not you wish to participate. You and your mentor will determine the time and place for ongoing meetings.

The first meeting will be held on Wednesday, September 8 at 2:00 p.m. in the University of Sudbury Lounge.

To register, leave your name and telephone number at the University of Sudbury reception, or call 673-5661.

International Students Organization

The International Students Organization (ISO) would like to welcome all new students to Laurentian University. The purpose of ISO is to encourage and maintain the spirit of unity and friendship among all members of the Laurentian family. The ISO shall achieve this by supporting and coordinating a variety of activities throughout the upcoming '93-'94 academic year. We hope you join us in the fun! Should you have any questions or comments at any time, please feel free to contact us at the ISO office located in the Clubs Room in the Student Centre. We look forward to a great year together!



AIESEC

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FEATURING:

The International Traineeship Exchange Program, Marketing Experience, Career Fest '93 (October 7th), Seminars and much more...

To join AIESEC-LAURENTIAN contact us at 673-5770

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LAURENTIAN UNIVERSITY

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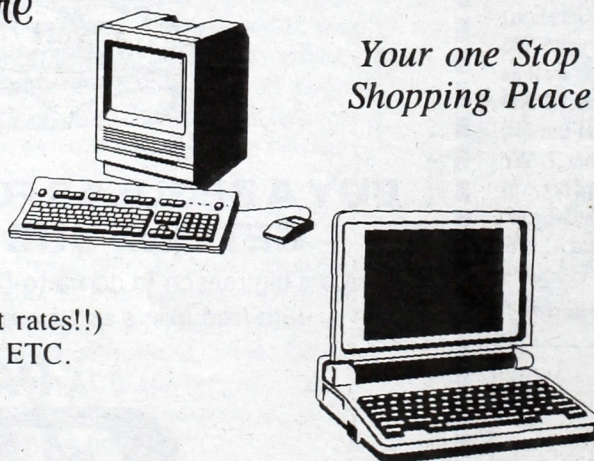


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Never a Dull Moment

By The Sea

Laurentian Beach, just a little beyond the Universities of Sudbury and Thorneloe, offers a sandy beach (but only in the summer!)

Bell Park, just a little down the road, is part of an expanse of walk ways by scenic Lake Ramsey that will take you from downtown Sudbury to Science North. There are large grassy park areas, an amphitheater and beaches. Bell Park serves as the sight for many events in the city of Sudbury.

Buy n' See

The Sudbury City Centre (featuring Eaton's and Food City) is right in the heart of downtown Sudbury. Any bus will get you there. Just get off at the transfer point downtown and cross Elm St.

The New Sudbury City Centre (featuring Sears and Woolco) is at the far end of the Regent University/ Lasalle Cambrian bus line.

Four Corners is serviced by the SGA grocery bus on Saturdays or a few buses including Paris Loellen and Ramsey View lines. This busy district boasts three grocery stores, several pharmacies and department stores, and includes the LOEB store, Plaza 69 and Southridge Mall.

Hollywood North

Three movie theaters service the Sudbury Area.

The *Odeon* is just a short walk up Elm St. from the bus transfer point. Two movies play here.

The *City Centre Cinemas* show three movies and is located inside the City Centre.

The third movie theater is located in the *Super Center* which is located directly across Barrydown Rd. from the *New Sudbury City Centre* on Lasalle Blvd. They sport three cinemas as well.

For cinema buffs, *The Sudbury Film Society* where old and new classics are shown every Thursday night at the Grand Theater.

Broadway North

You can check out live theater action at the *Sudbury Theater Center* and *The Grand Theater* which are both located downtown and easy to get to from the transfer point.

For The Love of Knowledge

What would your stay in Sudbury be without a trip to *Science North*? It is just down the road from L.U. at the corner of Ramsey Lake Road and Paris St.

Try our very own *Laurentian University Museum Arts Centre*. It is located off John St., just down from Paris St. Follow the signs and enjoy a little bit of VEE heritage.

Sudbury is also home to a number of libraries, above and beyond our own including one on Regent St., one in the *New Sudbury Centre* and one downtown.

For The Love of Competition

The Sudbury Arena, home to the Sudbury Wolves, offer exciting hockey action all winter long. (It also doubles as a stage for some pretty impressive headliners!)

Just 'Cause You're Hungry

If your downtown, try *The Green Leaf Cafe* (for the health food nut), *Vesta Pasta* (the ultimate Italian experience), and the must try *Dionysos* (just about everything you'd ever want to order).

If you're in New Sudbury, there's always *East Side Mario's* and *Pat and Mario's* (Italian/Canadian/American) or *Red Lobster* (for the sea food lover in you!) on Lasalle Blvd.

Mr. Topper's, *Pizza Pizza* and *Kentucky Fried Chicken* are popular order is joints, but there are more pizza places in Sudbury than anything else so experiment!

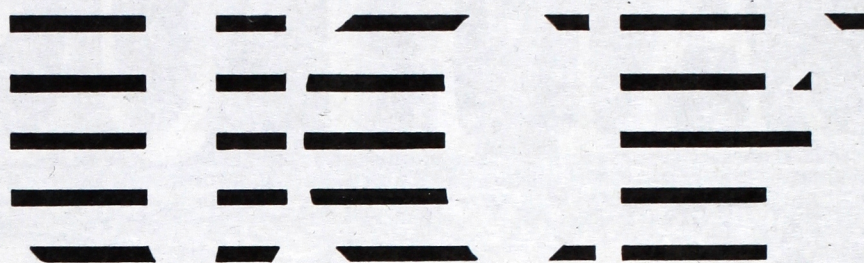
enterTOONments

by Tim Goheen



"There's still no rap music in Bosnia, no grunge rock in Somalia and Garth Brooks is still popular."

Study in France



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For information, contact

Université canadienne en France, Laurentian University
Ramsey Lake Road, Sudbury, Ontario P3E 2C6
(705) 673-6513, Ontario (800) 461-4030

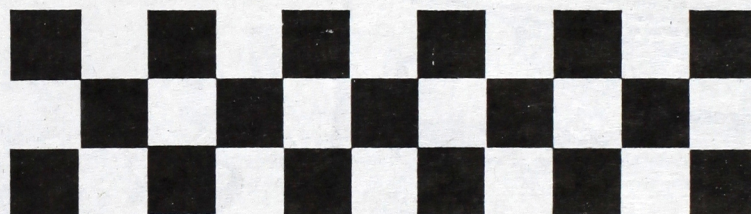
Laurentian University  Université Laurentienne

Blyth & Company

Campus Dining
Bien manger à la Laurentienne

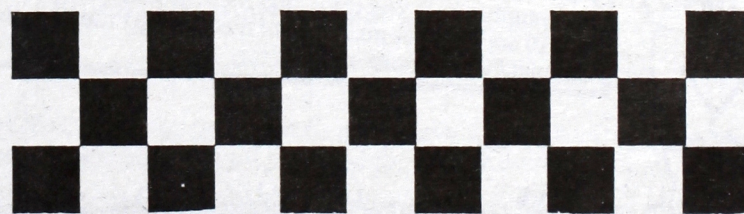
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CAMPUS RADIO

SOME RUMOURS WE WANT TO CONFIRM, DISPELL OR CHANGE THE TOPIC, RATHER THAN DISCUSS 1. We are not all longhair freaks

2. Those photographs were retouched

EASY WAYS FOR YOU TO CONTRIBUTE TO CFLR RADIO



1. LISTEN

Yep, this is by far the easiest way for you to be a part of Campus/ Community radio, but there is a catch. CFLR broadcasts on cable-fm. This means two things: When we broadcast, our signal is processed at the radio station and sent out via cable line to Northern Cable, where it is split and sent out to every Northern Cable subscriber everywhere. Pretty ominous, eh? To hook us up (that's the second thing):

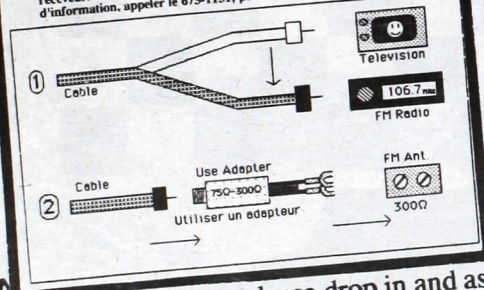
TOUCH YOUR CABLE TO ANY RADIO ANTENNA, TUNE YER RADIO TO 106.7 FM

CABLE FM RECEPTION

1. Remove cable from T.V.
2. Attach 75Ω to 300Ω transformer to end of cable, and attach that to the terminals of your receiver. CFLR broadcasts on 106.7 MHz Cable FM. For more information call 675-1151 Ext. 2405.

POUR RECEVOIR LE CABLE FM

1. Enlever le câble de la télévision.
2. Installer 75Ω à 300Ω à l'extrémité de l'antenne du récepteur. CFLR diffusé au Cable FM 106.7 MHz. Pour plus d'information, appeler le 675-1151, poste 2405.



If you have any questions, please drop in and ask.

2. VOLUNTEER

CFLR is a Campus/Community radio station, and is a member of the National Campus/ Community Radio Association. We are an alternative radio station, so you won't hear "classic rock" on our channel. OK, we've got that straight, let's move on. CFLR is always looking for volunteers to fill our schedule. Look at our schedule, look at your schedule, decide if you have a couple of hours a week to spare. Volunteering can mean covering any live entertainment in the city as a reporter, producing commercials, reading the news, spinning cool records, etc. Basically, there is a lot you can do to expand your mind at a Campus/ Community radio station. Volunteer because you believe in something, or because you're looking for something to believe in. Volunteer because the diverse perspectives you will encounter in community radio will relate to everything your professors expect of you, that is, looking at things critically and forming your own coherent thoughts and ideals. Volunteer because it will pass the time during our winters from hell. Volunteer because you'll have fun.

To volunteer, go into the radio station, fill out a volunteer form, then bug us, 'cause sometimes we lose stuff or let it fall under mounds of paperwork. You'll be asked to come in for some talking and orientation stuff, then we'll talk about what you want to do, and then set about to getting you doing whatever it was that you wanted to do.

Scandal Free in '93

(Unless you include the art display this summer, but we didn't hear anything else from the objectors, but believe us, we'd love to get back in the ring and discuss whether or not you think this is pornographic:

3. CONTRIBUTE

Yeah, it's sorta like the last section, but let's paraphrase. CFLR is everything that all the other radio stations aren't. If you don't think so then the only thing we are lacking is your input. You can contribute to the aural mosaic on your campus by doing stuff yourself. For example, if you notice that one of your heroes or enemies are coming to town, we can get you an interview with them so that you may expose their greatness or not-so-greatness to a larger audience. Imagine the fun you could have with Jimmy Swaggert and a tape recorder. Or perhaps Don Mazankowski. You can also write for our bi-monthly program guide, ANTIDOTE (It's not a political paper, it's much higher on the evolutionary scale than that. It's a goofy little 'zine that the latest music and stuff gets reviewed in, and it's free). Some people call it "Guerrilla Journalism", we call it quality programming. If you think that there is something that should be said to society, but mainstream media won't touch it, that's what Campus/ Community radio is for.

PLEASE REMEMBER TO RECYCLE THIS COPY OF ANTIDOTE. PASS IT ALONG TO A FRIEND, LEAVE IT WHERE SOMEONE ELSE CAN PICK IT UP AND READ IT, OR PUT IT IN A BLUE BOX. THANKS.

This is a drawing by local artist Heather Iopp. We promoted a show of hers this summer that some thought was degrading toward women. Heather is a member of the Sudbury Women's Art Collective. She has designed posters for the Anti-Pornography committee of Sudbury, Access, the AIDS Committee of Sudbury and has shown at The Attic. Her work represents her beliefs in freedom of expression, and the sometimes painful path of self-discovery and self-examination that we must endure all of our lives. So there!



shall we say, specific political views. 8. We are not an "old boys club", everybody is welcome. 9. We are not an English radio station. Ideally, we would love to program in forty different languages.

ATLAURENTIAN

3. We are not all obsessed with Seattle 4. Don't want to talk about linoleum, or marijuana 5. We don't know who "Bill the Cat" is. 6. We are "Scandal free in '93" 7. Many of our volunteers do have.

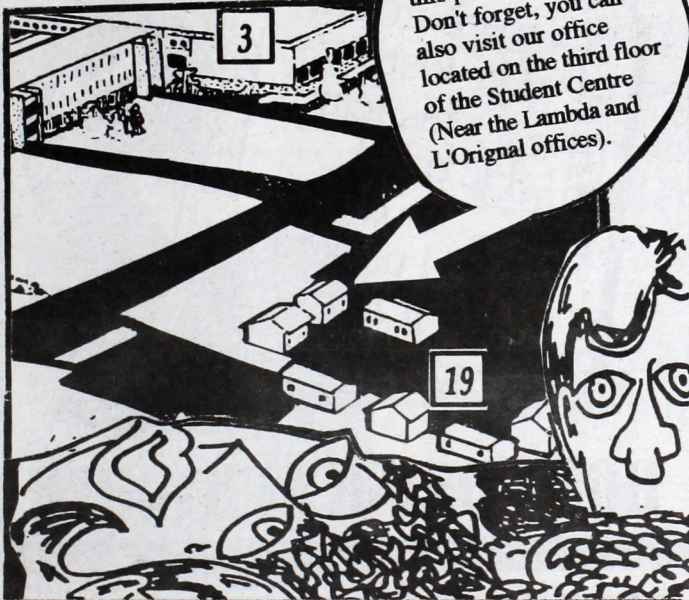
4. SUPPORT

If you are a member of the Student General Association, then you already make a small contribution to CFLR through your SGA fees. By volunteering or contributing, you are getting your money's worth. Another way to support your radio station is to attend the events hosted by CFLR during the year. In October, we will be hosting a week of Community Awareness during which there will be lots of bands, free stuff, and ritual killings of Alannah Myles, Def Leopard, Bryan Adams and Lynerd Skynerd (just kidding on the killing part, but we'll probably make fun of them a whole bunch!!). Of course, you can also support your radio station by listening, volunteering, reading our ANTIDOTE and contributing, but we've been through that already.

5. DROP IN

This is the fifth time that you have read what I am about to write, so you must be interested. Ha, we've trapped you into our little world of diversity of culture, thought and expression. Don't be like the masses of narrow visioned people who waste their lives believing what they see on TV; accept your own individuality. So what were we saying? Oh yeah, drop in and ask for a tour. The station is located (I'm putting this in writing even though I know that looking at the diagram is easier) across from the Arts Building in the first portable on the parking lot. You can't miss it, it's got CFLR 106.7 CABLE FM across the door in blue and red paint. It's right next to the little parking booth and across from the main bus shelter.

That's CFLR there in this portable, walk in. Don't forget, you can also visit our office located on the third floor of the Student Centre (Near the Lambda and L'Original offices).



SOME IMPORTANT NUMBERS TO REMEMBER

On Air Requests-673-6538
CFLR Office-Ext.2405
Student Centre Office-Ext.2412
CFLR Newsroom-Ext.2406
Fax 675-4878

A GLIMPSE OF THE SUDBURY UNDERGROUND

Here's where we shamelessly promote some of the cool people in town that are into some of the same stuff.

- The Townhouse- Lots of cool bands pass through town all the time, call CFLR or the TH at 674-6883. This is the best live-music in town.
- The Rep House-they put on cool films as often as they can, look for the posters and get a membership (it's cheaper than the blockbuster thinking and eating healthy).
- Skadurz Pro- The little skate shop that could. If Connie doesn't have it, she'll damned-well get it for you... dude.
- Records on Wheels-Spend your money here. Tony's got Blues, Jazz, Imports, Indies, Rawk, etc. But you have to bug him a bit for really obscure things.
- Thymely Too- pricy, but sometimes live Jazz.
- Comics North- used CD's and tapes, lots of comics (go figure).
- Terrace Lounge-Marlene took over from Ray last X-mas, but it hasn't changed a bit.
- Backstreet-lotta roots, dance and reggae on the weekends. Come and dance the cage.
- Caribbean Plus-On Paris St. by the Donut Club. Do your laundry next door.

| Day: | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
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Morning Magazines (Kinda like Gzowski, but cooler)

Open Alternative -music

Focused Spoken Word Programming-new thoughts, new ideas

Specialty Music Programming-jazz, blues, folk, classical,

Open Alternative - more music than you could shake a stick at

Open Alternative - still music, but still no Stones

The real news on weekdays, talk on the weekends.

Specialty programming- Big, big heapings of it. This is three hours every night, open to any culture and any language that doesn't have fair representation in mainstream media. The music and ideas of the world.

Open Alternative - a little night music?

Experimental- for the night hawks, use your imagination- anything from new age to banging a pot on yer head for two-and-a-half hours.

10. We have the most comfortable couch on Campus. 11. It was the grassy knoll, everybody knows that. 12. Elvis is living in our Music Director's apartment. 13. We paid for every damned one of those cans of coke!!

Alcohol Use At Laurentian

Laurentian University follows the Ontario Liquor Licence Act. This means that there are specific regulations regarding alcohol use on our campus.

To consume or buy alcohol on campus you must be 19 years of age and provide legal proof that you are.

Alcohol may be consumed inside your residence room or on licenced premises:

Laurentian.....The Pub
Huntington.....Social Centre
U. of Sudbury...La Forge

Party areas, such as Thorneloe's Social Centre, Middle Lounge at U. of Sudbury and Wiley's in SSR/UC may be used with a special occasion permit...but no alcohol may be sold there.

Advertising

You shall not refer to liquor or the availability of liquor when advertising an event. (O.Reg 549/90 - S.47)

Games

Students must never encourage intoxication by playing competi-

tive drinking games. Students have died from this sort of "fun".

Civil Liability

No person shall sell or supply liquor or permit liquor to be sold or supplied to any person who appears to be intoxicated. (Bill 175, S. 29)

If a student dies or suffers some harm while intoxicated, or causes injury to another person or to property, the person who sold the liquor or held the party can be held liable. A pamphlet called *Being Sued Can Ruin A Good Party* explains this law quite forcefully.

Each residence has its special regulations pertaining to alcohol use. In general, all drunken and disorderly conduct on campus, violence, harassment, property damage, behaviour disruptive to other's studies, trespass and theft are dealt with under the Laurentian Code of Student Conduct and the policies of the Federated Universities. No student may use intoxication as an excuse for irresponsible or dangerous behaviour.

Smart Thinking On Drinking

1. Having no more than 12 drinks a week lowers your risk of alcohol problems. The less you drink the lower your risk.
2. Men who have no more than 4 drinks a day and women who have no more than 3, lower their risk of problems.
3. Alcohol in your blood reduces reaction time, peripheral vision and vital driving abilities. The safe option is not to drink and drive.
4. Having more than 1 drink an hour increases your chances of getting drunk - and injuring yourself or others



5. Drinking to get drunk increases your risk of problems, including severe alcohol dependency.
6. Drinking reduces your ability to work well. It affects how you think and perform, as well as your safety.
7. Alcohol mixed with other drugs can cause high levels of impairment.
8. You will always perform better without alcohol, and your risk of accidents will be lower.
9. Drinking to cope with problems is more likely to add to them. Alcohol is a depressant drug, not a problem solver.
10. Identify times when it doesn't make sense to drink. Drinking can become a harmful habit when included in most of your leisure activities.

These include:

- *alcohol consumption
- *"midnight aerobics"
- *behaving or dressing

in a manner that undermines your self-esteem (especially T-Shirts with offensive slogans/pictures.

*engaging in any activities which risks the security of your person.

The most important guideline is to trust your own instincts. If you feel uncomfortable about participating in any hazing activity, DON'T!! If you are feeling forced to do so, tell someone.

Laurentian University has a Personal Harassment Office located on the 9th floor of the R.D. Parker Building ("the Tower") in room 925, (675-1151, ext 3422). The Personal Harassment Officer, Norma MacRae-Ward will be pleased to talk with you.

Have a good week...get oriented for a great year!

25 Ways To Say NO

25. I don't need to loosen up, I just got it together
24. I sing off key as it is
23. Chocolate and alcohol don't mix
22. I'd rather hang loose than hang over
21. Its never as much fun as it looks on the commercials
20. It doesn't bring out the best in me
19. Liquor is quicker, but I'm in no hurry
18. My liver and I have this understanding...
17. The man on the TV told me to stay tuned
16. I'm trying out for football and I need to stay in shape
15. I'm going to the garage to watch them change my oil
14. I have to sit up with my sick turtle
13. I'd rather dance
12. I don't like the taste
11. I'm too high on life as it is
10. I like me just the way I am
9. I want to stay in control
8. No thanks, it will get in the way of my dreams
7. I don't drink or do drugs
6. No, do you have any lemonade or apple juice?
5. No, I don't want to gain weight
4. I don't think the risks are worth it
3. I know my body would turn against me.
2. No, I want to remember when I celebrate
1. NO!

Orientation—Or Disorientation??

Yes, this is it! Orientation Week! Lots to do in one short week. Moving in, meeting people, registration, language testing—these are the

things you have to do. *But there is a lot going on during Orientation Week that you DON'T have to do.* Know the difference!!!

You do not have to participate

in any hazing-related activities which make you feel uncomfortable.

Professional Sound & Acoustics Ltd.

Yamaha - Sony
Paradigm - Klipsch
Nakamichi

78 Cedar Street
Sudbury, Ontario
P3E 1A5

fax (705) 674-7002

The Smart Choice For Your Stereo Purchase

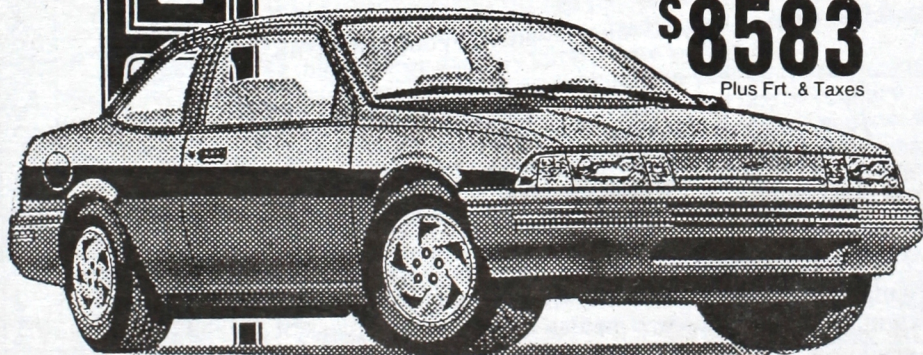


Sudbury (705) 674-8487

Timmins (705) 267-3933

**CANADA'S
BEST SELLING
CAR**
3 YEARS RUNNING

CROSSTOWN



CROSSTOWN

OLDSMOBILE CHEVROLET GEO LTD.

280 FALCONBRIDGE ROAD - 566-4804

'93 CAVALIER

Standard Features Include:

- Anti-Lock Brakes • Power Door Locks
- Stainless Steel Exhaust • Halogen Headlights

LEASE FROM \$169/MTH. (See Dealer for details)

OR PURCHASE FROM...

\$8583

Plus Frt. & Taxes

The drinks were good,
He lost his fear;
He tried to drive,
And parked it here.

DON'T DRINK AND DRIVE

HOLIDAY LANES

2120 Regent St. South

522-8451

**ONE FREE GAME
OF BOWLING**

Only one pass permitted
To be used per day.

GROUP RATES AVAILABLE

Campus Ministry



"Building on the rock....
Bâti sur le rocher."

Campus ministry has planned a variety of activities for the coming year including:

- * La Montée (September) with all Universities
- * Walk of the trial Emmaus Road (October)
- * Pot luck meal
- * Ecumenical prayer gathering (September - January)
- * Clowning on Campus (March)
- * Bible study
- * Third World Experience (May)
- * Articles in students newspaper
- * Food drive for the Soup Kitchen

There are a number of opportunities for student volunteer in Campus Ministry. Students are prepared to support and promote the objective of Laurentian Campus Ministry "Awareness - Visibility - Accessibility of Spiritual Life on Campus". Student volunteers are ready to be informed about activities and in-

formed in the art of listening and communication. Students are willing to share about personal perception and understanding of spiritual life on campus.

The Student Volunteer Campus Ministry, an interfaith group, welcomes you and invites you to walk together with other students towards a greater awareness of the spiritual dimension of your life during your studies. See you in the clubs room, Student Centre.

Acting Student Executive

Gerry Patteron - Co-leader
Sarah Comrie - Co-leader
Hans Knopcsyk - Treasurer
Tammy Gagnon - Secretary
Pam Pike - Publicity
David Wood - Publicity
Marc Lariviere - Publicity

Chaplaincy Services

Each of the federated denominational universities provides chaplaincy services according to its respective church affiliation.

Huntington University:

United Church
* Gailand MacQueen : 673-7011

Thorneloe University:

Anglican Church
* Geoff Woodcroft: 673-1730 / 682-2648

University of Sudbury

Roman Catholic Church
* Simon Davis, s.j.: 673-5661, ext. 206.
* Ron Perron, s.j.: 673-5661, ext. 317.

Students may avail themselves of the services provided them by the chaplains. They will find in the chaplains a listener providing a space in which each student may feel free to

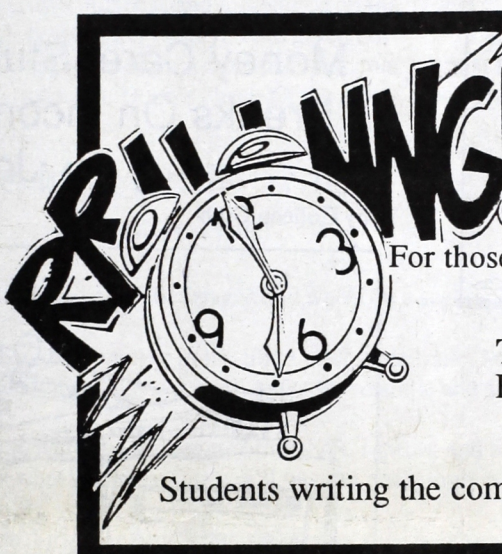
express himself or herself and to receive answers or advice sought.

For those students who are not of the above mentioned traditions, the chaplains will gladly put you in contact with someone who is of that religious tradition. Students may also contact the Student Services Office for referral to a spiritual advisor of his or her tradition.

*Come
Walk
With
Us*

- * Acts as a compassionate and humanizing presence on campus
- * Brings together persons from diverse backgrounds
- * Aims for students' personal and spiritual growth
- * Provides a place where loneliness and alienation can be offset by a helping presence
- * Provides a safe place to talk about meaningful and ultimate questions.

These aims are met through counselling, discussion, reflection, prayer meetings, religious services, social functions and visits to hospitals and prisons.



WRITING COMPETENCY TEST

The test is required of all students admitted to *Arts, Science and Engineering, Human Movement, Social Work, Business Administration, and Translation.*

For those students who consider themselves English speaking the test will take place:

Tuesday, September 7, 1993 at 9 a.m. or 1 p.m. or 7 p.m.
Room: The Great Hall (*Dictionaries are permitted*)

Students writing the competency test are required to present photo I.D. the day of the testing.
For full details on the Writing Competency Test please refer to the University Calendar.

Laurentian University Bookstore Welcomes You Back!!

Bookstore Rush Hours

| | |
|--------------------|--------------------|
| Aug 31 to Sept 3 | 9 a.m. - 4:30 p.m. |
| September 4 to 10 | 9 a.m. - 4:30 p.m. |
| September 13 to 16 | 9 a.m. - 9 p.m. |
| September 20 to 23 | 9 a.m. - 8 p.m. |

Homecoming Alumni

| | |
|--------------|--------------------|
| September 25 | 3 p.m. - 4:30 p.m. |
|--------------|--------------------|

September 27: Back to REGULAR hours!!!
Mon-Fri 9 a.m. - 4:30 p.m.

Closed Saturdays and Sundays



- * Books *
- * Supplies *
- * Gifts - Mugs *
- * Complete line of University Clothing *
- * Computers *



*Your one Stop
Shopping Place*

DATES TO REMEMBER

CASH FOR BOOKS - STUDENTS USED BUY-BACK OF TEXT (OUTSIDE BOOKSTORE)

SEPT 8-10 from 10 a.m. to 12 noon & 1 p.m. - 3 p.m.

PLACE YOUR ORDER FOR CUSTOM LEATHER/NYLON JACKETS OUTSIDE THE BOOKSTORE

SEPT 30 & OCT 1 from 10 a.m. to 3 p.m.

(Watch for posters & advertisements in *LAMBDA* for more information)

Reality Check

by Prisoner of Reality



don't know who I'm talking about? Brace yourself; I'm talking about Amateur Psychologists. You know, the ones who come to you when you seem down and say, "What's wrong, Prisoner? Do you want to talk? Maybe I can help."

Now, the difference between true friends and these Witless Wonders is that true friends will leave you alone if you don't want to talk. The other jerks will stick to your side like Great Hall gravy and badger you until you do one of two things: actually tell them what's on your mind or 2) take them outside, rip their hearts out with your teeth and feed it to them. Unfortunately, either option has the same result: you still have a problem and they still want to talk you through it.

You see, I don't mind talking about my problem, (I only have one). What I do mind is these jerks diagnosing my mental health when they are looped to begin with. According

to Amateur Psychologists, everyone on the planet is mentally unstable and they are the ones who will save the world from itself. But, after doing many a reality check, I have discovered that all Amateur Psychologists are neurotic, paranoid, pill-popping hypochondriacs who don't have a life. They gorge themselves on the misery of others like leeches on blood; their lives are so empty they have to hear other people's problems, exaggerate them in their own small minds, and assure themselves that everyone else is a bomb waiting to go off, and they're okay.

In closing, I would like to send out a warning to all Amateur Psychologists. If an acquaintance seems down, but tells you they don't want to talk, leave quietly and quickly. This is especially true of my Amateur Psychologists. Don't bother me, get off my back and get out of my face!

Are You Becoming A Sudburian?

There are a lot of out-of-towners out there, and spending 8 months in Sudbury can really change you. Take this test now, and again in April, and see if you have become a "Sudburian".

1. Have you spray painted your name on a rock cut?
2. Have you purchased a stuffed animal? Have you purchased a spittoon?
3. Have you sold your car in favour of a pick-up truck?
BONUS: Do the back windows of this pick-up truck have a gun rack?
4. Have you begun to think of the smokestack as a large cigarette?
5. Is Jack Daniels your role model?
6. Do you use the words "der" and "eh" more often?
7. Have you lost a tooth opening bottles?
8. Is wrestling becoming your favorite sport?
9. Does your dog gag watching you eat?
10. BINGO anyone?
11. Do you wear short-sleeved shirts on -10 degree days?
12. Are you watching "Snowmobiling 93" on TSN?

SCORING:

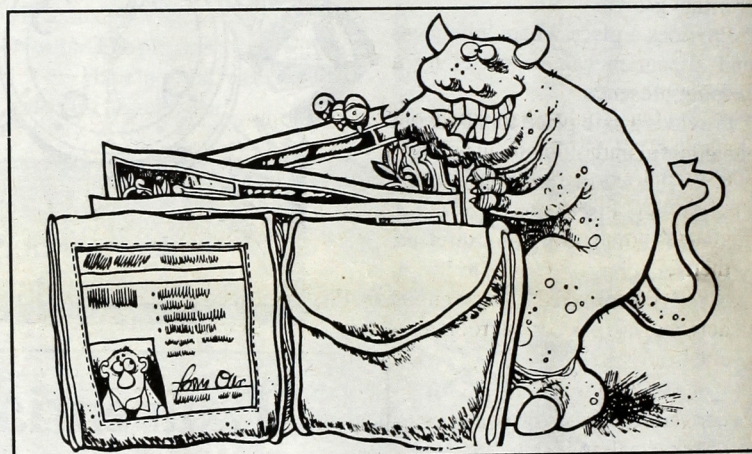
- 9 + : Congratulations der, you've been in Sudbury for a while, eh?
4-8: look out! You could be in for metamorphosis.
3 or less: what's your problem? If you don't like it here, go to Timmins!

DICE.



Money Care: Students Allowed Tax Breaks On Income From Summer Jobs

by Colleen Gibb



Don't envy those rich students who took the summer off to work on their tans and tennis. Those poor souls won't be able to write off the expenses of moving to their summer job against their income tax.

Okay, it's small solace if you had to slave all summer at a manual job to keep you in the halls of academe. But at least Ottawa shows some heart in giving you ways to reduce your income tax.

Probably the most advantageous is the moving expense allowance — if you relocate at least 40 kilometers from your school habitation to your summer job, or start a business, you get to write off these costs against your summer income when you file your tax return.

The allowable traveling costs include transportation and storage of household goods, the hit from canceling an unexpired lease and, if you own a house or condo, the selling costs, such as the mortgage penalty, legal fees and real estate commission.

In addition, when you move back to school (to attend full-time) in September, you can deduct the moving expenses providing you will have income from scholarships, fellowships, research grants, or similar awards that will be reported on your income tax return.

You have to report as income only those scholarships, bursaries or research grants that amount to more than \$500. If you're super smart and collect \$3000 in scholarships you only have to report \$2500.

Full-time students at post-secondary school receive tax credits for tuition fees. At tax return time, you deduct from your federal tax 17 percent of your tuition fees — which includes library, lab or exam fees, but not room and board if in residence. You also get an "education credit" of 17 percent of \$60 for every month in school, or \$10.20 a month.

The tuition fees and education credits you can claim are laid out in form T2202A you receive from your institution. The form pro-rates the amounts on a calendar year basis for income tax purposes.

The bottom line, though, is that you have to earn money to get the deductions and tax credits. No work, no happy returns.

For many students who were not able to find summer jobs this year, the tuition and education credits can be transferred to your spouse, parent or grandparent. So although you cannot take advantage of the tax credits, a family member may save some taxes because of you.

Money Care is general financial advice by Canada's chartered accountants. Colleen Gibb is a tax manager with BDO Dunwoody Ward Mallette. Watch for more Money Care advice in upcoming editions of Lambda!

COMPLIMENTS OF: FOOD SERVICES COMMITTEE RECIPE #1

"BASIL" SPAGHETTI SAUCE

TASTY, DELICIOUS AND OH SO EASY!!

WHILE YOU PUT WATER ON TO BOIL AND COOK YOUR SPAGHETTI.

HEAT YOUR FRYING PAN, to this ADD:

**8 tbsp. olive or vegetable oil
4 to 8 cloves of garlic (crushed)
and brown gently**

ADD:

1 chicken or beef cube (optional)

ONLY the TOMATOES from a large can of tomatoes

Save the juice to flavour soup or add to a casserole.

Carefully crush the tomatoes, stirring.

Add 2 tsp dry basil, (or fresh)*
*** or substitute a spice of your choice**

Salt and pepper.

Simmer until it thickens slightly.

Cover cooked spaghetti with sauce, parmesan cheese.

SERVES TWO.

Your Guide To Registration Day Not Necessarily The Beast of Frosh Week

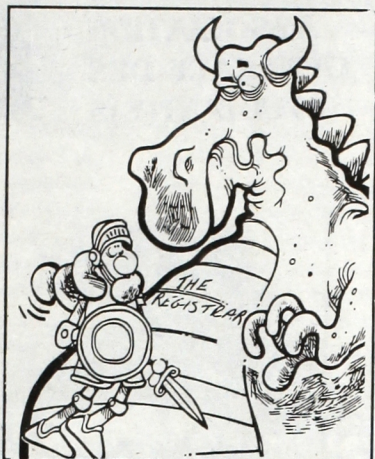
by Janice Savage

Registration Day, Thursday September 9th this year, will be taking place in the Fraser Building. It's bad enough that you've been put through Frosh Week, and now you are expected to go through the chaos called registration. Keep in mind a few simple tips and the day should go a whole lot smoother.

Find out when you are supposed to be there, and be there at least a 45 minutes earlier; otherwise you will be faced with hours and hours of standing in line. For students who have a last name beginning with A-H, registration time is 9:00-11:30. I-O is from 1:00-3:30 and P-Z (lucky you) is from 6:30-8:30. You are not permitted to register at any other time. The last thing you need is to have the registrar upset with you in the first week. It's much easier to just cooperate with them the first time around than have to go through the Registrar's Office later.

Bring the blue and white timetable booklet that was mailed to you.

Make sure you know what courses you want including the course code and section number. Make sure that



you have all of your prerequisites; they are listed in the booklet as well (This saves you a lot of grief later on!)

Make sure you have your student number handy. It will be on the registration form you are given during the registration crush, but double check it. Double check all the infor-

mation on the form; chances are that all your correspondence will be sent to Bora Bora for the next four years if you don't.

If you have questions, there will be representatives from all the departments available to sign your registration form, you can ask them, that's why they are there.

A few more quick

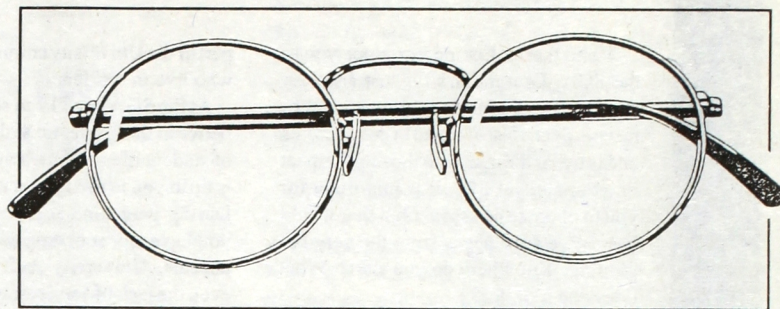
hints:

- Don't eat a heavy meal previous to going to registration (lots of strenuous physical activity is involved)

- Don't shower (the line will move faster)

- Don't stop and talk to your friends from high school ("Hey, I didn't know you were coming here...How's your Aunt Ethel?")

Good luck! Have a great Registration Day! (Ha! Ha!)



20 Survival Tips For Frosh Week and Beyond

20. Call all your profs "Dr." (good for all purpose brownie points!)
19. Those big blue vans driving around, they're security; don't get 'em mad.
18. Start looking for a summer job now, before it's too late.
17. Take your student card everywhere you go.
16. Memorize your student number, NOW!
15. Line up for registration at LEAST 1 1/2 hours before you are scheduled to be there.
14. Phys. Ed students - don't complain about the walk to class. You ARE Phys. Ed students after all!
13. Be nice to the folks at Tim Horton's (they will soon become important people in your life).
12. Elevators are not a great idea if you are in a hurry, in fact, they're not at great idea at all (i.e. USE THE STAIRS!)
11. Recognize early on that there is no real "bowling alley" anywhere on campus!
10. Don't buy your textbooks until *after* you've been to the class. If you do, keep your receipt until you are certain you need them. (You can also catch up on your reading while standing in line!)
9. Learn the Sudbury Bus schedule. (It is *much* different from the TTC!)
8. If you don't recognize it, don't drink it!
7. Cut up your credit card as soon as you receive your free gift.
6. No matter how well you think you know the person, *wear a condom!*
5. Don't blow your OSAP on a new stereo, it may be a long year and you'll have to pay it back eventually.
4. Learn about the library fines BEFORE your books are overdue.
3. If you don't like coffee, learn to.
2. Remember, although 8:30 classes sound like a great idea now, they can be a pain in the neck. (especially on the Monday after.)
1. Make *at least one* good friend in the administration.

The Milk Crate Trade Tale of a Thief

by Mark Denis

Alright, we're off campus, have had a few beverages and we're on a seek-and-snap milk crate mission.

One could establish vast amounts of money in the illicit milk crate trade. Milk crates are the staple of the underground student economy. They are multi-purpose, versatile and an essential part of a student's organizational criteria.

Could one go to prison for the theft of a milk crate? It is theft, I guess, and so when you're in general population and Bubba asks what you're in for, you'll have to grudgingly admit, "milk crate theft".

Back to the milk crate mission. First, you need a reliable form of transportation, preferably your neighbor's truck or your roommate's car. Second, your group needs an unilluminated locale where milk crates are plentiful.

There is an element of anxiety about theft. Whether you witness a child stealing candy in a convenience store or you are stealing condoms in a pharmacy to avoid the embarrassment of a price check, stealing is unnerving.

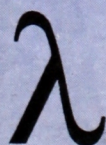
My peers don't get nervous when stealing milk crates. There is an air of bravado as milk crates are flung into the air and smashed into a pile in the trunk. Then, having done the deed, they take an arrogant drive downtown, arms dangling out windows, sneering, "Hey man, check out my stash of crates." Apparently, there was a dairy company that begged university students to return milk crates. Milk Crate supplies had dropped so low that the transportation of dairy products was hindered.

Anyway, back to milk crates. Steal some and bask in the glory of their convenience.

We come out once a week.

— YOU CAN, TOO!

Crawl Into the Center of the Laurentian Experience



Join The LAMBDA Team

Off-Campus Housing Presents

Accommodation Days

When: Two Sundays
August 8 and 15, 1993

Time: 9 a.m. to 4 p.m.

Where: Room 10-210, 2nd Floor
R.D. Parker Building

We'll Provide You With:

- * Telephones
- * Off-Campus Housing List
- * City Maps
- * Bus Information
- * Eager Volunteers To Help You!

Off-Campus Housing Office
Room 10-210, 2nd floor, R.D. Parker Building, 675-1151 ext. 1066

Service de logement hors campus
pièce 10-210, 2ième étage, Édifice R.D. Parker 675-1151 poste 1066

THE SGA AND YOU

Hello there! Let me introduce you to the SGA, Laurentian's biggest and best student association. Our association represents over 75% of all full-time students and is by far the one with the most impact on your student life. It is important for you to choose the association that would best serve your needs from the very beginning. But where do you start? What does one look for?

Don't let cost be the basis for your decisions. An association must be judged by the number of services it offers and not by the cost of membership alone. So before you make a choice, let me break down the cost of being an SGA member for this year:

| | |
|---------------------|-------|
| Student Centre Levy | \$ 35 |
| Lambda | 10 |
| CFLR Radio | 10 |
| Health Plan | 55 |
| CFS Membership | 4 |
| CFS-O Membership | 3 |
| SGA | 58 |
| Total | \$175 |

It cannot be stressed enough that price should not be a factor. Instead, you must establish whether or not you will be getting your money's worth. Because of our large membership base (3500 +), the SGA has the ability to bring you events that no one else on campus is able to. The SGA is indeed the most cost effective association on campus, hence the one for you.

During Frosh Week you will have the opportunity to meet hundreds, possibly thousands of different people in various settings. We are here to ease this transition and start off your year on an exciting and informative note. During this week, we have planned events that will allow you to interact with other students, some of whom may become your closest friends. Frosh Week is a tumultuous time in which you will become acquainted with the University, roommates and perhaps the City of Sudbury. Although at times you may feel alone, simply exhausted, and homesick, it won't be long before you start to reminisce. (This usually happens about three weeks after the fact - during mid-terms.) After this most exciting week, you will never be the same.

Even if you happen to live off-campus it is a good idea, almost a necessity to come out to the campus and participate in the various activities. You are as much a


part of the University community as those who live in residence.

At the SGA, we like to stress a balance between the academic and social aspects of student life. We are here for you and it is up to you to use us to our full potential. During your time at Laurentian, should you have any concerns with academics, appeals, University staff or policy, or even the lack of services, feel free to drop in and any one of us will be glad to assist or guide you in the right direction.

The SGA is here to facilitate your time at university. We do that by offering such services as a grocery bus, video rental outlet, fax service, health plan, prescription drop off and delivery, walkhome service, scholarships, club funding, student handbook and of course student leadership as provided through the SGA executive and its 33-member board, whose job it is to keep you informed of all upcoming events. Keep your eyes and ears open for the guest speakers, the book fairs, Carry Week, bands, Pub nights, and video dances that we have already started planning for.

We look forward to your arrival here at Laurentian and urge you to take part in our Frosh Week activities and many of the other activities during the year.

For those of you who just can't wait to become members, we have a pre-regis-



name / nom: _____
number / numéro: _____

☐ **Yes!** I wish to become an SGA member
Questions? Call: _____

☐ **No!** Je désire devenir membre de l'AGE
Questions? Composez le: _____

r.s.p. August 31, 1993 r.s.p. le 31 Août, 1993
(705) 673-6547 fax: 673-6555

tration postcard. To take advantage of our pre-registration process, simply check off the box on the card and mail it back to us no later than August 31, 1993. If you choose not to fill out this card (included somewhere in your registration mail-out), it does not mean you are unable to join our association at a later date. This is simply a service provided to make registration day a bit less hectic. **Please do not send us any money with the postcard.** All monies are collected through the Registrar's office.



SGA STUDENTS' GENERAL ASSOCIATION ASSOCIATION GÉNÉRALE DES ÉTUDIANT(E)S



L'AGE ET VOUS

Salut! Bienvenue à l'AGE, la plus grande et la meilleure association des étudiants de l'Université Laurentienne. L'AGE représente plus de 75 % de tous les étudiants à temps plein et est celle qui, de beaucoup, influe sur votre vie d'étudiant. Il est important que vous choisissiez dès le début la bonne association. Naturellement, vous voulez choisir l'association qui répond le mieux à vos besoins : cette association, c'est l'AGE.

Une association doit être jugée en fonction du nombre de services qui sont fournis, et non par le coût d'adhésion. Mais, avant de perdre la carte, permettez-moi de vous présenter la ventilation des frais d'adhésion de l'AGE pour cette année:

| | |
|-------------------------------------|--------|
| Frais relatifs au | |
| Centre étudiant | 35 \$ |
| Lambda | 10 |
| Radio CFLR | 10 |
| Plan de santé | 55 |
| Fédération canadienne des étudiants | 4 |
| Fédération des étudiants d'Ontario | 3 |
| AGE | 58 |
| Total | 175 \$ |

Alors il vaut la peine de souligner que le prix ne devrait pas jouer dans votre décision; vous devez surtout vous assurer que vous en avez pour votre argent.

Étant donné notre important nombre de membres (plus de 3 500), nous pouvons vous offrir des activités que nulle autre organisation peut vous offrir. L'AGE est l'association au campus qui se soucie le plus de vos finances, donc c'est celle qui vous faut.

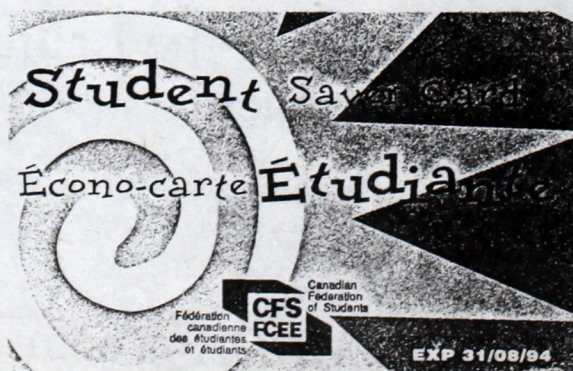
Nous sommes les principaux organisateurs de la Semaine Frosh, une semaine qui vous transformera pour toujours. Lors de la "Semaine Frosh", vous pourrez rencontrer des centaines, voire des milliers de personnes dans toutes sortes d'environnements. Nous voulons vous faciliter la transition de l'école secondaire à l'université, ou la transition du monde du travail au monde scolaire. Pendant cette semaine, nous avons prévu des activités qui vous permettront de rencontrer d'autres étudiants; et certains d'entre eux pourraient même devenir vos meilleurs amis. La Semaine Frosh est une période bouleversante durant laquelle vous apprendrez à connaître l'université, vos compagnons de résidence ainsi que la ville. Vous croirez peut-être que c'est la pire semaine que vous ayez connue, mais ce ne sera pas long que vous commencerez à vous rappeler de bons souvenirs (d'habitude, ça se passe trois ou quatre semaines plus tard, lors des examens de mi-semestre). À l'AGE, nous voulons équilibrer les aspects scolaire et social de la vie étudiante.

Si vous habitez hors campus, en ville ou dans la région, il est bien, non, presque nécessaire de venir au campus et de participer aux diverses activités. Vous êtes une aussi importante partie de la collectivité universitaire que ceux qui habitent en résidence.

Lambda
Publications λ

SGA EXECUTIVE • MEMBRES DU BUREAU DE L'AGE 1993 - 1994

| | | |
|--|------------------|---|
| V.P. External (acting president) | Heather Bishop | vice-présidente des Affaires externes (présidente intérimaire) |
| V.P. Finance | Grant Goss | vice-président des Finances |
| V.P. Services | Tanya Moore | vice-présidente des Services |
| V.P. Communications & Bilingual Affairs | Richard Therrien | vice-président des Communications et des Affaires bilingues |



L'AGE veut faciliter votre séjour à l'université, ce qui est accompli au moyen de la navette d'épicerie, le magasin de vidéos, la salle des jeux, le service de télécopie, le Pub, les bourses d'études, les foires de livres, la semaine du Carnaval, les groupes musicaux, les soirées Pub, le plan de santé, des conférenciers, le financement des clubs, le guide-étudiant, etc. De plus, nous vous offrons un leadership étudiant de qualité par l'entremise du bureau de l'AGE et son conseil de 33 membres qui ont la responsabilité de vous tenir au courant de toutes les activités.

Souvenez-vous que l'AGE veut vous servir et que vous devez savoir en profiter. Alors, si jamais au cours de votre séjour à la Laurentienne vous deviez avoir des préoccupations, que cela concerne les toilettes, le personnel de l'Université ou les politiques universitaires, n'hésitez pas à venir nous voir; nous essayerons tous de vous aider ou de vous indiquer la bonne voie. Nous sommes plus qu'un gouvernement pour les étudiants: nous jouons également un rôle dans votre vie sociale.

Nous attendons avec impatience votre arrivée à la Laurentienne et nous vous incitons à participer à toutes les activités de la Semaine Frosh.

Pour ceux parmi vous qui ne pouvez pas attendre pour vous inscrire il est possible de nous rejoindre d'avance. Vous trouverez prochainement dans la poste envoyée par le Secrétaire général (2-3 semaines), une carte de préinscription. Pour profiter du processus de préinscription, cochez la case sur la carte et retournez-la nous le 31 août 1993 au plus tard. Si vous choisissez de ne pas remplir la carte, cela ne veut pas dire que vous ne pourrez pas vous joindre à notre association plus tard; il s'agit simplement d'un service pour rendre moins agitée la journée d'inscription. S'il vous plaît, ne pas envoyer d'argent avec la carte; tous les frais seront recueillis par le Secrétaire général.

THE STUDENT CENTRE

Welcome to Laurentian for all you new students, and welcome back for those of you returning! We are hopeful that this year, the Student Centre will become an even bigger part of your Laurentian experience. There are many great services provided for you in the Centre and we encourage you to take advantage of all that's offered to you.

First and foremost, you should be aware that the Student Centre is home to many great organizations, including the Students' General Association (SGA), the AEF, ALPS, and GSA. These organizations can provide you with all the help you'll ever need. The student associations are a vital part of your university life, providing both academic advice and social activities to help you get involved and become an active part of Laurentian. Their offices are located on the second floor of the Student Centre.

Next you should know about Student Services. Also located on the second floor of the Student Centre. This office is home to the Canada Employment Centre, the Counselling and Resource Centre, Special Needs and the brand new Off-Campus Housing Office. These services are available to make your life at Laurentian just that much easier. The people in this office are extremely knowledgeable and helpful, so be encouraged to drop in and have all your questions answered.

If you are interested in getting involved with campus media, it will help you to know that the offices of Lambda, l'Original Déchaîné, and CFLR 106.7 are located on the third floor of the Student Centre. Also making their home in the Student Centre are the offices of La Nuit sur l'Étang, Travel Cuts, Kampus Kuts, and perhaps the most important to many of us, the Student Awards Office. This is where you have to go pick up your OSAP. (P.S. It's on the second floor across from the bookstore!)

Now that you are all set academically, it's time to relax. Where better to relax and meet friends than the Student Centre? If you feel like doing a little reading or talking with a group, the Fireplace Lounge is the place for you! This is a hard place to miss. We're sure you'll find it filled with all your friends just hanging out between classes. For a little more excitement, the Games Room might be the answer. It is open from 9am to 10pm during the week, and noon to 5pm on the weekends. The Games Room is packed with great games to amuse you, including five pool tables, two ping-pong tables, an air hockey game, and an abundance of the latest video and pinball games. If you're in the mood for a little something from your past, there is a selection of board games available at no cost! Are you a TREKKI or a Seinfeld fanatic? You can sit back, kick up your feet and watch your favourite show in the T.V. Lounge on the third floor.

When the time comes to get that project done, or it's time for a group meeting, the Student Centre is still the place to be. There are three meeting rooms available for various size groups, with top priority always going to students. Just call Ginette at ext. 3005 to reserve a room. To further help you, there is a computer/photocopy room.

The clubs room is the centre of activity for the heads of various clubs on campus. Drop by any time and talk to the groups that interest you and get involved. Pay phones, vending machines and the info board round out the Centre, and will keep you in touch, stop the stomach rumbles, and keep you up to date on University events.

This past year was the first full year that the Student Centre was open and it was great! This year can be even better if you take full advantage of all that is offered to you. Angela Bradford is the new Student Centre manager. Her office is located in the Games Room. If you have any questions, please drop in and see her. Angela can be reached at ext. 1081 after mid-August. In the meantime,

if you have any questions, or when Angela is not available, please feel free to drop in at the SGA office and speak to Grant Goss, last year's manager.

Have a great year at Laurentian. See ya in the Student Centre!

LE CENTRE ÉTUDIANT

À tous les étudiants, bienvenue à la Laurentienne, et bon retour aux anciens. Nous espérons que cette année le Centre étudiant jouera un plus grand rôle dans votre vie à la Laurentienne. De nombreux services vous sont offerts au Centre et nous vous invitons à en profiter.

D'abord et avant tout, vous devriez savoir que le Centre étudiant regroupe plusieurs organisations importantes, dont l'Association générale des étudiants (AGE), l'AEF, l'ALPS et l'AEDC, qui pourront vous fournir toute l'assistance dont vous pourriez avoir besoin. Les associations étudiantes sont une partie essentielle de la vie universitaire, en ce qu'elles fournissent des conseils d'ordre scolaire et des activités sociales qui vous inciteront à participer à la Laurentienne et à en faire partie. Leurs bureaux sont situés au deuxième étage du Centre étudiant.

Ensuite, il vous faudrait connaître les Services aux étudiants. Également situés au deuxième du Centre étudiant, ce bureau regroupe le Centre de placement, le Centre d'orientation et de ressources, le Bureau des besoins spéciaux et le tout nouveau bureau pour le logement hors campus.

Si vous désirez participer aux médias du campus, les bureaux de Lambda, de l'Original déchaîné et de la radio CFLR 106.7 sont situés au troisième étage du Centre étudiant. Vous trouverez également dans le Centre étudiant, les bureaux de La Nuit sur l'Étang, l'agence de voyage Travel Cuts, le salon de coiffure Kampus Kuts et, un des plus importants, bien sûr, le Bureau d'aide financière. C'est à ce dernier qu'il faut aller chercher ses fonds du RAFÉO (à noter: il est situé au deuxième étage, en face de la librairie).

Vous avez maintenant tous les renseignements scolaires pertinents, c'est le temps de relaxer; et nul autre endroit que le Centre étudiant est plus propice à la détente et aux rencontres entre amis. Si vous voulez lire un peu ou discuter en groupe, c'est le salon du foyer qu'il vous faut. Lieu qui est facile à trouver, tous comme vos amis qui y seront entre les cours. Si vous cherchez un peu plus d'amusement, il y a la salle des jeux. Elle est ouverte de 9 h à 22 h durant la semaine et de 12 h à 17 h les fins de semaine. La salle des jeux est bondée de jeux super pour vous amuser, y compris cinq tables de billards, deux tables de ping-pong et un jeu de hockey à air comprimé, en plus des tous derniers jeux vidéos et «flippers» (pin-ball). Si vous avez plutôt envie de passer une soirée du «bon vieux temps», vous pouvez vous procurer gratuitement des jeux de société. Les «Trekkis» et les amateurs de télévision pourront écouter leur programme préféré dans le salon du troisième étage.

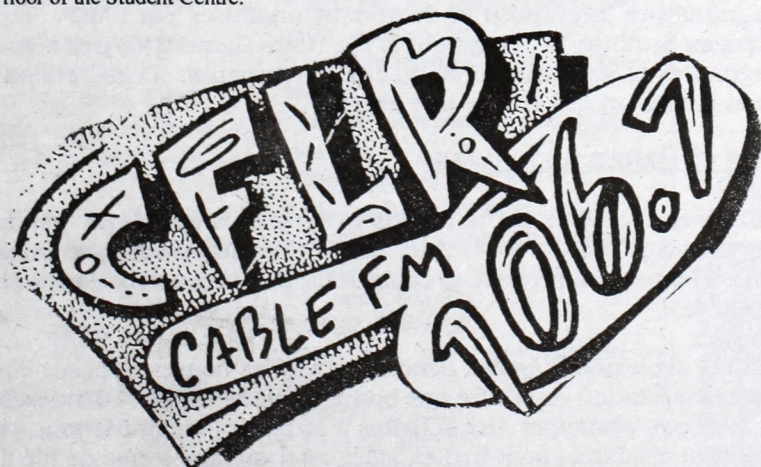
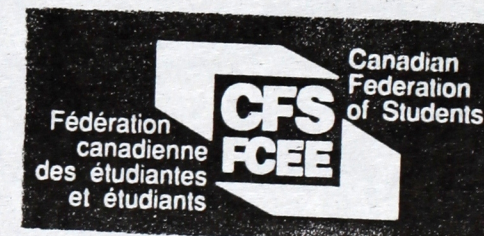
Lorsque le temps viendra de terminer

un projet ou de faire une rencontre, vous aurez accès à trois salles de réunion pouvant accueillir des groupes plus ou moins grands; et les étudiants y ont toujours la priorité. Vous n'avez qu'à appeler Ginette au poste 3005 pour réserver une salle. Pour mieux vous aider, nous avons mis à votre disposition une salle d'ordinateurs et de photocopieuse.

Le bureau des clubs est le centre d'activités pour les chefs des différents clubs sur campus. Venez faire un tour en tout temps, parlez aux groupes auxquels vous vous intéressez, et participez. Les téléphones publics, les distributrices automatiques et le tableau à renseignements complètent le Centre étudiant et vous aident à vous tenir au courant et à vous remplir l'estomac.

L'année dernière, le Centre étudiant a été ouvert pour la première fois tout au long de l'année, et c'était merveilleux. Cette année sera encore meilleur si vous participez. Angela Bradford est la nouvelle directrice du Centre étudiant, et son bureau est situé dans la salle des jeux. Vous pourrez joindre Angela au poste 1081, après la mi-août. Entre temps, si vous avez des questions, ou lorsque Angela ne sera pas disponible, n'hésitez pas à venir au bureau de l'AGE et à parler à Grant Goss, l'ancien directeur.

Nous vous souhaitons une très bonne année à la Laurentienne; au plaisir de vous voir au Centre étudiant.



STUDENT CENTRE
LAURENTIAN UNIVERSITY



CENTRE ÉTUDIANT
UNIVERSITÉ LAURENTIENNE

SUDBURY, ONTARIO P3E 2C6

(705) 673-6547 FAX (705) 673-6555



Association des étudiantes et étudiants francophones

Mot du Président

De la part du conseil de l'Association des étudiantes et étudiants francophones, j'aimerais offrir aux étudiantes et étudiants de première année nos plus chaleureuses bienvenues. Nous espérons que votre accueil à la Laurentienne sera plein d'entrain, et que votre participation aux activités pendant la semaine d'orientation sera très enrichissante.

Étant la seule association étudiante francophone dans une institution bilingue, je vous invite à vous impliquer directement aux différentes activités francophones qui se dérouleront pendant l'année, soit des présentations de films, des voyages, des tournois, un carnaval, et beaucoup plus, car c'est votre implication à ces activités qui déterminera le succès de chaque activité. Aussi, si vous voulez vous impliquer dans le conseil de l'association, nous avons encore quelques postes de vacants, donc si vous avez l'âme politique, venez nous voir pour recevoir plus d'informations sur les moyens pour vous impliquer.

Pour terminer, j'aimerais tous vous offrir une année pleine de moments mémorables et de défis conquis. Donc, amusez-vous, impliquez-vous aux activités et venez faire une visite au bureau de l'association qui se situe au SCE 202 dans le Centre étudiant.

Avec tous mes sincères salutations.

Le président,
Luc Lalonde

Grand Conseil de l'AEF

Orateur - James Tregonning

Conseil d'administration

| | |
|--------------------|--------------------------|
| Luc Lalonde | Président |
| Daniel Charbonneau | Vice-président |
| Denis Houde | Secrétaire-Trésorier |
| Michel Potvin | Animateur Socio-culturel |
| Marcel Rouleau | Président sortant |

Conseil des représentants

| | |
|------------------|----------------------------------|
| Kevin Perrault | Sénateur |
| Manon Rousseau | Rep. des Sciences Sociales |
| Kimberley Bédard | Rep. des Sciences et Génie |
| Marc Larivière | Rep. des Humanités |
| Vacant | Rep. des écoles professionnelles |
| Vacant | Rep. Hors-campus |
| Vacant | Publiciste |

Activités et services

Semaine d'orientation

Guide-agenda

Trousse d'informations

Pubs francophone

Entre-Deux

Musique francophone

Machines à écrire

Téléphone

Livret d'adresses et numéros de téléphone

Films/Vidéos

Clubs

Chroniques à l'Original déchaîné

Équipe de hockey

Équipes intramuros

Carnaval

Voyages

Kiosque de livres français

Centre d'information

Membre de la FÉÉO

Centre étudiant

Juste pour rire?

Télécopieur?

Plan de santé?

Etc...

Semaine d'orientation 1993

Mardi, le 7 septembre

9h00 à 17h00

Portes ouvertes

Bureau de l'AEF et l'Entre-Deux

*(tournées du Centre étudiant et des autres édifices seront disponibles)

Mercredi, le 8 septembre

14h00 - 16h00

Tournoi de mini putt et/ou go-kart à Sudbury Kartways

Vendredi, le 10 septembre

13h00 - 17h00

Grande journée à la plage (activités diverses)

17h00 - 19h00

Épluchette de blé d'indes

20h00 - 1h00

Soirée dansante au Grand Salon avec groupe musical

PORTES OUVERTES

Nous invitons tous les étudiantes et étudiants à venir visiter le nouveau centre étudiant ainsi que le conseil de l'association. Cette occasion vous donnera une chance à poser des questions ou simplement rencontrer autres étudiantes et étudiants.

TOURNOI DE GOLF-MINIATURE/GO-KART

Nous invitons tous les étudiantes et étudiants à participer à ces tournois de golf-miniature (mini-putt) et de go-kart organiser par l'AEF. Le tout se déroulera au Sudbury Kartways sur la rue Notre Dame. Des prix seront remis aux gagnantes et gagnants ainsi qu'aux participants. Donc, organisez une équipe et lancez un défi contre une autre.

GRANDE JOURNÉE À LA PLAGE

L'association vous invite à vous divertir et vous relaxer pendant une journée à la plage. Vous pouvez vous amuser lors des diverses activités tel que le ballon-volant sur plage, le tir au cable, le frisbee, la construction de châteaux de sable, etc...

Après avoir pris du soleil pendant quelques heures, reposez-vous pendant que l'association vous offre une bonne épluchette de blé d'inde. (Même si vous n'avez pas participer aux activités à la plage pendant le jour, tous les étudiantes et étudiants sont invités à déguster quelques épis de blé d'inde.)

Pendant la soirée, l'AEF vous offre une soirée danante franco-ontarienne, au Grand Salon de l'Université Laurentienne. Un groupe musical sera en vedette pour vous amuser et vous faire danser.

Know Your Student Services

The mission of Student Services is to foster, in collaboration with other sectors of the Laurentian University community, a wholesome lifestyle and learning environment which is supportive of students and which will challenge them to realize their full potential as persons.

Coordinator of Student Services

Paddy Blenkinsop, Coordinator
Joscelyne Meilleur-Séguin, Secretary

The office of Student Services is responsible for coordinating the various services available to students: chaplaincy, counselling, financial assistance, health, housing, job placement, recreation and special needs. It is also concerned with the enhancement of the quality of student life.

Coordinating Student Service departments;

Overseeing Student Service Committees:

Alcohol Awareness;

Counselling;

Special Needs;

Liaison with Student Associations;
Student advising and problem-solving;

International student advising;

Orientation coordinating;

Supervision of graduate and professional school exams e.g. GRE, GMAT, LSAT, TOEFL

Counselling and Resource Centre

Sid Bergersen, Counsellor
Monica Lafontaine, Native Student Counsellor

Judy Maxwell, Counsellor
Joscelyne Meilleur-Séguin, Secretary

Services provided include:

* Individual counselling related to career planning, academic skills, and matters of personal concern;

* Workshops: academic skills, stress management, career planning, procrastination, etc.;

* Information Centre: wide selection of materials on university and college programs (undergraduate, graduate and professional school), on career and job search skills, on study skills, on overseas opportunities;

* Peer Tutoring is a service for students encountering academic difficulty in certain courses. Upper year students act as tutors;

* Peer Assistants offer information and support to their peers through individual and group activities.

2nd Floor, R.D. Parker Bldg., 10-210, (705) 673-6506.

Placement Centre

Gabrielle Lavigne, Manager
Flo Demers, Secretary

The Placement Centre provides information and referrals on a wide variety of career and job openings.

Specific Services Offered:

* Registrations for permanent, summer and part-time work;

* Employment listings locally and elsewhere in Canada, and some overseas;

* On-campus recruiting for graduating students; also recruiting summer jobs;

* Information on government openings and on special government programs and services;

* Current labour market information

and company literature;

* Employment counselling for individuals and groups

2nd Floor, R.D. Parker Bldg., Room 10-210, (705) 673-6598.

Special Needs

Earl Black, Coordinator

Simonne St-Pierre, Secretary

This office coordinates services for those students with disabilities.

Specific Services Offered:

* Counselling for those with disabilities;

* Support services and equipment to meet a variety of needs (note-taking, large print readers, FM systems, etc.);

* Policy development and public awareness programs;

* Advocacy on behalf of students with disabilities;

* Consultation for university personnel;

* Supervision of exams for students with disabilities

* Special arrangements of exams

2nd Floor, R.D. Parker Bldg., Room 10-210, (705) 675-1151, ext. 3324 (TDD (705) 675-4806)

Student Awards

Suzanne Brunette, Manager

Gabrielle Ferlatte, Officer

Diane Beauparlant, Secretary

This office administers all forms of undergraduate financial assistance. Some services are provided to international students.

Specific Services Offered:

* Federal and provincial student financial assistance programs (OSAP, DGAPE, etc.);

* Laurentian University undergraduate scholarships and bursaries;

* Other scholarships and bursaries;

* Emergency loan assistance;

* Assistance with personal budgeting

International Students

* Visa and immigration assistance

* Embassy contacts and international money transfers

* International Student Exchange Program (ISEP) and other study and work opportunities abroad.

2nd Floor, R.D. Parker Bldg., Room 10-210, (705) 675-6578

Health Services

E. Najgebauer, M.D., Director

Y. Roy, Supervisor

The mission of Health Services is to help clients and patients achieve optimum physical, mental and social well-being.

Services:

* Sports medicine;

* Birth control, weight control and nutrition counselling

* sexually transmitted disease prevention;

* Health education and disease prevention;

* Immunization program;

* Allergy desensitization clinic;

* Referral service (dentists, specialists, etc.);

* Loan cupboard;

* OHIP information

* Appointments with on-campus doctor;

* Pregnancy tests;

* Morning after pill;

* Laboratory services.

Room G-23, Single Students' Residence. (705) 675-1151, ext. 1067. (Evgs./weekends (705) 673-6546.

Housing Services

If you are looking for a place to live, help is available.

Off-Campus Housing Services

Jocelyne Côté, Officer

The Off-Campus Housing Services maintains listings of housing available throughout the city of Sudbury, offers valuable information

concerning your rights and obligations, provides you with advice and much more.

2nd Floor, R.D. Parker Bldg., Room 10-210, (705) 673-6506.

PLAZA 69

p h a r m a c y



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11AM TO 5PM WEEKENDS

PLAZA 69 522-2121 SGA 673-6547

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at the SGA office**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|---|---|--|--------|
| 5 | 6 | 7 | * 8 * | 9 | 10 |
| | Labour Day! Various Student Activities On Campus | Writing Competency Testing ALL Students | Native Students Mini-Conference * * | In person registraion First Year Students | |
| 12 | 13 | | | | |
| | Winter Session Classes Begin | | | | |

Mini-Conference '93

**All events take place at the University of Sudbury.

Agenda

| | | |
|--------------------|---|----------------|
| 8:30 - 9:00 A.M. | Registration | Front Entrance |
| 9:00 - 9:30 A.M. | Welcome | Room #110 |
| 9:30 - 10:45 A.M. | Workshops (3 Choices) | Lecture Rooms |
| | 1. Study Skills / Procrastination | Room #111 |
| | 2. Services Available on Campus/ Tour | Room #112 |
| | 3. Stress Management / Priorities | Room #113 |
| 10:45 - 11:00 A.M. | BREAK | Room #114 |
| 11:00 - 12:00 A.M. | Workshops (3 Choices) | |
| | 1. Essay Writing / Writing Style | Room #111 |
| | 2. New University Application Process/ Open | Room #112 |
| | 3. Taking Lecture Notes | Room #113 |
| 12:00 - 1:00 P.M. | LUNCH | Canisius Hall |
| 1:00 - 2:15 P.M. | Workshops (3 Choices) | |
| | 1. Finances | Room #111 |
| | 2. Services Available on Campus / Tour | Room #112 |
| | 3. Stress Management / Priorities | Room #113 |
| 2:15 - 2:30 P.M. | BREAK | Room #114 |
| 2:30 - 3:30 P.M. | Workshops (3 Choices) | |
| | 1. Study Skills / Procrastination | Room #111 |
| | 2. New University Application Process / Open | Room #112 |
| | 3. Taking Lecture Notes | Room #113 |

3:30 - 3:45 P.M. COMMENTS ON WORKSHOPS
** This day will allow native students to have the opportunity to take part in up to four workshops throughout the day.
** Coffee/ juice and donuts will be provided during the breaks
** Lunch will be provided for you
** We encourage you to bring your family members
** Please let us know in advance if you will require baby-sitting services. (Monica or Shannon at (705) 673-6506)



Greetings From Native Student Services

Welcome!
I am looking forward to meeting you. You come to Laurentian University from near and far. Some of you are alone and others are with their family. There are those of you who have extensive work experience while others are just beginning to get work experience. Many of you have been out of the formal academic setting for many years and others are arriving straight from high school. All of you must have at least one question that I may help you answer.
As the Native Student Counsellor on campus, I strive to make the Laurentian University experience a pleasant one for Native students. If you have any questions regarding course preparations, admissions, courses, housing, child care, finances, employment, recreation, schools for your children, Sudbury, and other services, please feel free to contact me at (705) 673-6506 or drop in to the Counselling and Resource Centre (just past the Laurentian University Bookstore). See you soon.
Monica Lafontaine
Native Student Counsellor

On behalf of the Native Studies Students Association (NSSA), I would like to take this opportunity to welcome all first year students and to welcome back all returning students. The NSSA lounge can be found across from Canisius Hall in the basement of the University of Sudbury. So please come in and visit. Our first general meeting will be on Friday, September 17, 1993 at 2:30 p.m. Everyone is welcome to come and find out what we are all about. Hope to see you there!!
Miigwech,
Shelly Moore
Native Studies Students Association - Vice President

Although the summer has come to an end, a new beginning will be coming your way. This beginning will help make your future years of study at Laurentian University more enjoyable.
While you were enjoying the sun this summer I, along with help from Monica and the Native Studies Students Association, have been organizing an orientation program for you. This orientation program will help you in your transition to University life. A "MINI-CONFERENCE", which will involve a variety of workshops, is to take place during Frosh Week to get you on your way. Please see details in this section of Lambda.
As a second-year student, I know what it is like to be in your position. This is why I feel that this orientation will give you the opportunity, not only to become informed, but also to meet new people like yourself.
I am looking forward to meeting you in September, so please take part!
Shannon Wissler
Native Student Orientation Assistant

CLUBS DAY

Rick suggests you make an appearance on CLUBS DAY in the Bowling Alley.

Date: September 22 & 23
Place: Bowling Alley

Of all the clubs in all the universities in all the world you had to walk into mine!

SERVICES DAY

Date: September 9th
Place: Student Centre

Drop by and you might be able to WIN

This could be the beginning of a beautiful friendship...



Laurentian Off Campus Students Life Beyond Residence

Welcome to Laurentian University! For all of you entering your first year at Laurentian, I would like to extend an open hand; you have truly made a wise decision in coming here. I hope that everyone had a safe, but eventful summer and I hope that everyone is looking forward to a tremendous university career.

The step from high school to university can be quite demanding. It takes courage, strength and a will to succeed, but it is a step that does not have to be taken alone.

I would like to take this opportunity to invite every single first year student entering Laurentian to join me, my executive and all of our returning members for what we hope to make your most memorable year at Laurentian.

Laurentian Off-Campus Students/ Étudiant(e)s Hors Campus de la Laurentienne is a dynamic, highly organized council that is here just for you. Since its conception four years ago, LOCS/EHCL has grown to become a dominant force in both the Laurentian community and the Sudbury community. We boast 600 members and with your help we can double this number.

LOCS/EHCL is not a student association like the S.G.A. or the A.E.F., but is an organization that looks after the rights and privileges of all its members. We were created specifically for the off-campus students. This provides an excellent opportunity to bring everyone at Laurentian closer together, closer to being the family it should be.

Your membership fun begins

as soon as you arrive at L.U. I'm sure you've all heard of Frosh Week. Well, why don't you come out and join us for ours? You cannot pass this by! We have planned a week of events that guarantees excitement, fun and a whole lot of chances to meet new people; people that will become friends that will last a lifetime. (A LOCS/EHCL Frosh Week schedule is provided in this issue of Lambda.)

We have also scheduled events throughout the year that we hope you will attend, from our ever so successful Frosh Week to our exhilarating Year End Formal, there is never a shortage of excitement or pizzazz.

We are here to help! Trust in us and we promise a hassle-free membership with all the benefits. We have made provisions for you to pre-register with LOCS/EHCL. Below is a registration form for you to fill out and return A.S.A.P. BUT NOT LATER THAN AUGUST 31, 1993.

For those of you who do not want to pre-register, come see us in the Bowling Alley. Here you can join in all the fun, in person. Included in the price of \$27 are our renowned Frosh T-Shirt that will distinguish you as a LOCS/EHCL member, a coffee mug for you to do with what you will, a key chain and other items you may find valuable.

Myself and all the LOCS/EHCL executive members are looking forward to meeting you. Take care and we will see you in September.

John Woodrow
President.

Intramural Sports

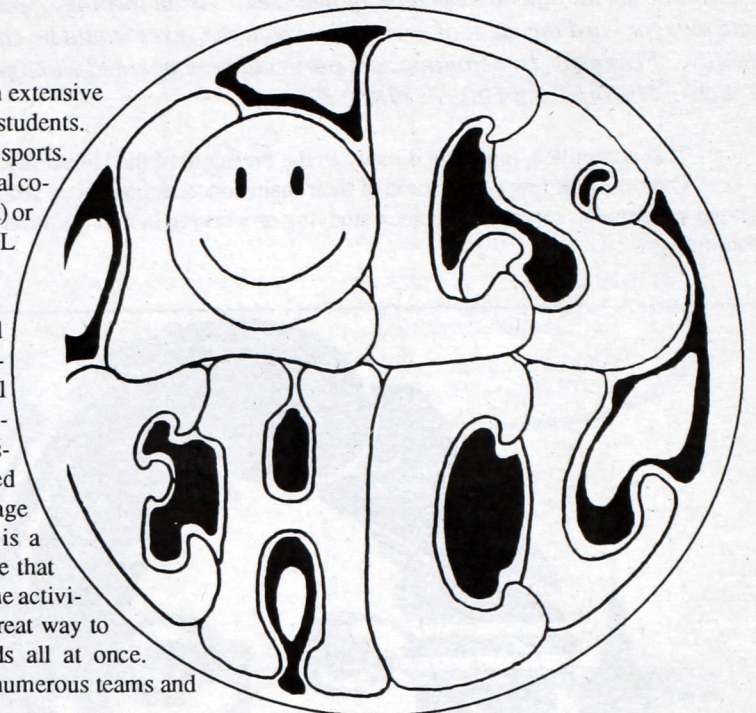
Laurentian University offers an extensive Intramural Athletics program for all students. LOCS/EHCL is your access into these sports. By contacting Ryan Johnson (Intramural coordinator) or John Woodrow (President) or any other member of the LOCS/EHCL executive, you can participate in Men's or Ladies' Hockey, Basketball (Teams of 3 or 5) or Slo-Pitch Baseball. Co-ed Volleyball, Soccer and Inner tube Water Polo are also offered. For individual competitors there is also Golf, X-Country Skiing, Badminton and Ultimate Frisbee. The University has also scheduled clinics focusing on Running and Massage techniques. The Intramural program is a large part of the University experience that all involved enjoy and benefit from. The activities are not competitive and offer a great way to relax, exercise and meet new friends all at once. LOCS/EHCL has in the past entered numerous teams and hopes to continue with your support.

Ryan Johnson

President - John Woodrow
Vice President - Tracey Legault
Volunteer Coordinator - Marlene Modesto

LOCS/EHCL Executive

Intramural Coordinator - Ryan Johnson
Liaison Officer - Barb Harvey
Special Events Coordinator - Tabitha Charlton
Secretary - Shelley Skyba



MEMBERSHIP AND FROSH "SURVIVAL" KIT ORDER FORM INSCRIPTION ET FORMULAIRE POUR TROUSSE DE "SURVIE" FROSH

\$27.00 / 27,00\$

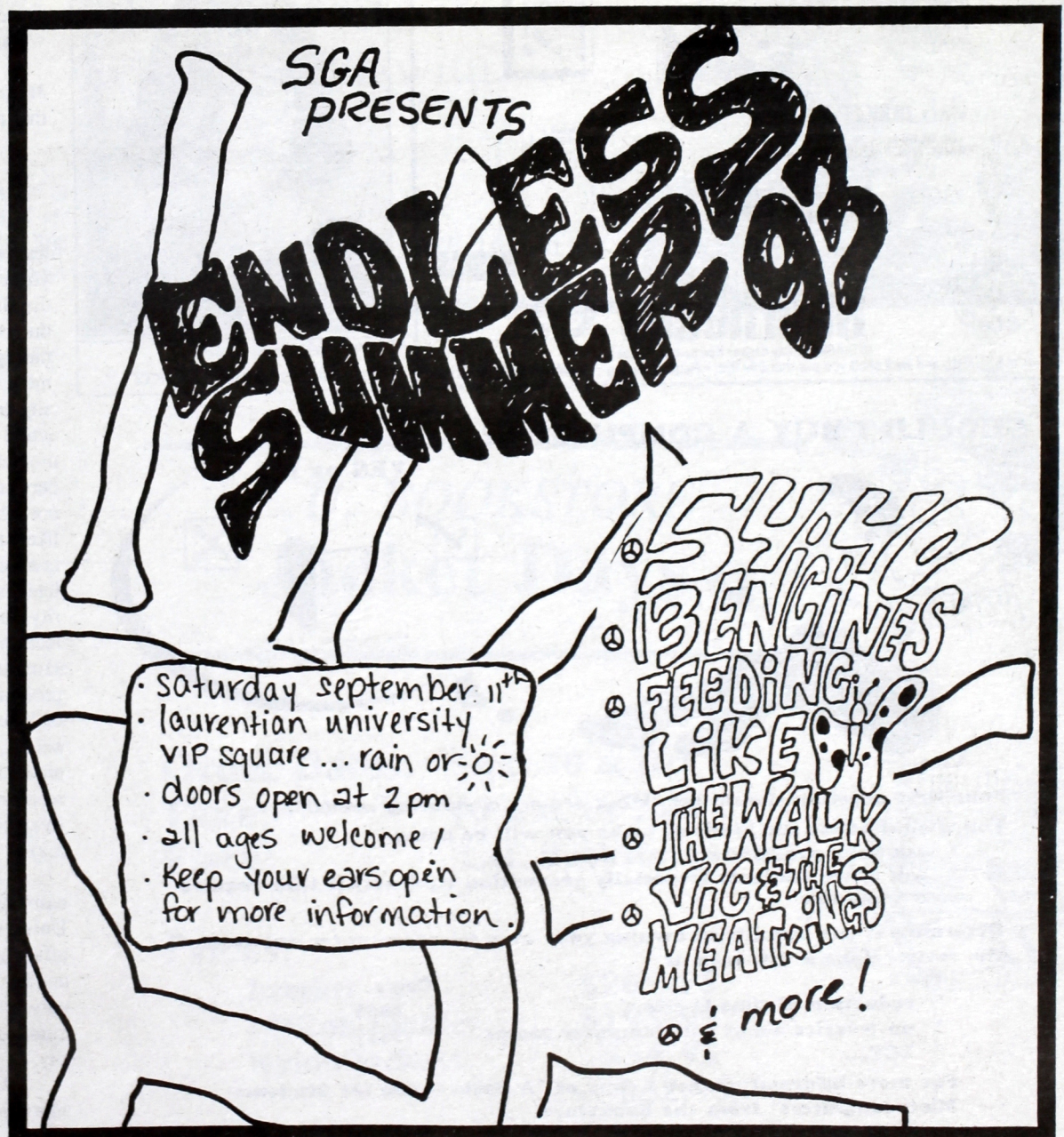
| | |
|--|---------------------------|
| Name / Nom | Student # d'étudiant(e) |
| Home address / adresse à domicile | |
| City / Ville | Postal Code / Code Postal |
| Telephone number / Numéro de téléphone () | Age |
| Make cheques payable to "LOCS/EHCL" Mail to/Envoyer à: LOCS/EHCL Frosh | |
| S.V.P. cheques à l'ordre de "LOCS/EHCL" 55 Douglas St. W. Suite 2 | |
| Sudbury, Ont. | |
| P3E - 1E7 | |
| c/o John Woodrow | |



Calling All Volunteers

As the new volunteer director of LOCS/EHCL, I would like to extend a welcome to anyone interested in being a volunteer this upcoming year. LOCS/EHCL will be holding many events this year which will need your support. The first of all these events is, of course, Frosh Week. If you are interested in volunteering for any of our many positions, please contact myself or any of the LOCS/EHCL executive members. With your help I'm sure Frosh Week will be a blast! Here's to a great year.

Marlene Modesto
Volunteer Coordinator



The Presidential Advisory Committee on the Status of Women

Definition of Feminism

"Feminism...is both a movement and an ideology. ...Intrinsic to feminism is women's sense of grievance, arising out of an awareness that "women suffer from systematic social injustice because of their sex." As an ideology, feminism is premised on the belief that women suffer from oppressive inequalities in a number of areas and puts forward the ideal of a world in which the sexes would be equal. As a movement, [feminism] strives to make the achievement of justice,...a political and economic reality....Feminists, by definition, are particularly concerned with inequalities based on sex." (From Ruth Pierson and Alison Prentice, "Feminism and the Writing and Teach of History," Atlantis, 7 (1982): 37-46.)

This committee, reporting directly to the President of the University, is comprised of administrative staff, faculty and students, and deals with issues of interest to women.

Over the past few years, some of their main concerns have been security on campus, language parity, funding for women's sports, daycare, parenting issues, employment equity, sexual harassment, supporting women studying or working in non-traditional areas such as science, engineering and other issues that affect the quality of life of women in the university community.

Monthly meetings are held at noon on the last Wednesday of every month. We invite all women across campus to participate.

For more information, please call the Chair, Gabrielle Lavigne at 675-1151, ext. 1065.

Strategies For Preventing Date Rape

These days there is a lot of confusion over the issue of date/acquaintance rape (when a woman is raped by a person she knows). One thing is certain: date rape is a serious problem, especially on college and university campuses.

There are some good strategies to make sure that you don't become involved in a date rape. Here are some:

- Both men and women should be more clear and direct about their expectations from an evening or of a relationship from the very beginning. Women in particular should make their own decisions, rather than trusting someone else to make their decisions for them.

- Women and men should not feel they have to give in to peer pressure in regard to sex.

- Women should not feel that they owe a man any sexual payment if he has paid for food or an evening's entertainment. Paying your own way avoids any question of who owes whom anything.

- Men should accept that **No Means No**. Never convince yourself that no means yes, or even maybe.

Don't challenge a woman's answer or try to persuade her to change her mind. Psychological weapons are just as real as material ones. Legally, this is the case.

- Women should learn to make their decisions by what they want and not worry about making someone angry or having a relationship end. You should trust your instincts. If you feel uneasy you may have good reason. Don't be caught in denying what is happening — this is very common (the "I know he'll stop" syndrome). It is estimated that over 90% of acquaintance rapes are not reported because women are ashamed and feel that no one will believe them ("Didn't you know what he was like?"). Women hesitate to talk about it even to their closest friends - they are afraid they will be blamed.

- The best way to avoid date rape is for both men and women to refuse the traditional male/female stereotypes: the woman as weak, submissive, there to please and the man as the aggressor whose identity and self-esteem is tied to the demonstration of his sexual powers. Be yourselves!!

Dealing With Harassment

Laurentian University endeavours at all times to provide a working environment that is free of discrimination and supportive of productivity, academic achievement and the dignity, self-esteem and fair treatment of all members of the University community. The basis of interaction at the University is one of mutual respect, cooperation and understanding, and the University will not tolerate any behaviour which is likely to undermine this. Harassment is a form of discrimination that violates human rights, dignity and integrity, and that can poison the work and learning environment. The Ontario Human Rights Code specifically prohibits discrimination on the basis of "race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, record of offenses, marital status, family status or handicap." (1991, c.53, s. 5.2)

Behaviour constituting harassment is considered by Laurentian University to be a serious offense affecting the University generally, and it is subject to a range of disciplinary measures up to including dismissal or expulsion by the University.

Laurentian University has approved a Harassment Policy and

Complaint Procedures. The aim of the policy is to discourage harassment and to resolve complaints.

The Laurentian University Harassment Education and Complaints Committee (LUHECC) is composed of faculty, staff and students from the Laurentian University Community and is chaired by the Harassment Officer.

The central purposes of the committee are to maintain communication between the various University constituency groups and the committee concerning policy and education programs, to monitor the effectiveness of the Harassment Policy and to make recommendations for changes, to advise the Harassment Officer concerning harassment education and awareness programs within the Laurentian Community and to assist in their implementation and to act as advisors, mediators or members of the hearing process for the resolution of cases and complaints when required.

Confidentiality is assured. For advice, copies of the university policy and procedures on this issue and for further information, please contact:

Norma MacRae-Ward, Harassment Officer and Chair of LUHECC at 675-1151, ext. 3422.



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Norma MacRae-Ward
Personal Harassment Officer

SHOULD I BUY A COMPUTER???



YES or NO



Your first question should be: **What are my computing needs???**

You should assess the kinds of tasks you will be doing.

- * ask your professors
- * ask other students (especially graduating students) if they require a computer

Determine if the benefits of owning your own microcomputer outweigh the costs. Make a list, such as

- Pro's**
- * reduction of time & effort
 - * no worries about full computer rooms
 - * ECT.....

- Con's**
- * \$\$\$\$
 - * \$\$\$\$

For more information, get a copy of "A Basic Guide for Students-Microcomputers" from the Bookstore.

Women On Campus

There are many things of both help and special interest to women on campus including:

- The Presidential Advisory Committee on the Status of Women (ext. 1065);
- Women's Studies Programme, Resource Centre located at Thomeloe College (ext. 1052);
- Education and Employment Equity Office (ext. 3422);
- Health Services - information on birth control, nutrition and many others (ext. 1067);
- Counselling and Resource Centre (ext. 1042), Special Needs (675-4806), Native Counselling (ext. 1048), Placement (ext. 1065);
- Child Care Services on campus Laurentian Child and Family Service (675-6543) and Garderie touche-à-tout (ext. 5030);
- **Student Organizations with a special interest in Women's Issues;**
- Association for Laurentian Part-time Students (ALPS) (673-6503);
- Graduate Students Association (GSA) (ext. 4356);
- Association des étudiantes et étudiants francophones (AEF) (673-6557);
- Students General Association (SGA) (Commissioner on Student Affairs) (673-6547).

These services and more are available to you. For more information, do not hesitate to contact these services, they are there for you!

Writing Competency Testing September 7, 1993

An English or French Writing Competency Test must be written by *most university students*. This test is *very important* and the requirements must be satisfied before any student can graduate. It is offered twice throughout the year; however, it is a good idea to meet the requirements as soon as possible.

The test is scored from 1 to 4, with a score of 1 being necessary to satisfy the language competency requirements. If you receive a 2 you can get it upgraded to a 1 in two ways. You can take (and write well in) a course (part of your regular course load) that is designated as a Writing Across the Curriculum (W.A.C.) course. If your first language is Ojibwe, Cree or any other Native language, you may be tested by a written or oral exam.

No studying is necessary as you get your potential topics when you sit down to write the test. Good Luck! Remember, thousands have made it through successfully before you!

Physical Education Services

Upon presentation of a valid student card (a \$65 athletic fee is included in the Full-time student fees paid with tuition), you can take advantage of the University's first-rate athletic facilities. The Part-time student fee is a \$65 facility fee payable at the Physical Education Centre. NOTE: Certain service programs may require an additional fee (i.e. clubs and lessons).

Facilities Include:

- * Olympic-sized swimming pool with diving towers;
- * Two all-weather track and field stadiums;
- * Gymnasium
- * Saunas, weight room, hydrogym equipment;
- * Ski and nature trails;
- * Aerobics exercise room;
- * 4 tennis courts.

Intramural Sports

- * Golf, softball, volleyball, basketball and more;
- * For those who want to participate in competitive leagues for the fun of it.

Sports Clubs

- * Badminton club, ski club, track club, Masters Swim Club, and more;
- * Some are designed to hone your skills in a sport, others are recreational in nature;

Support The Vees!

- * Basketball, hockey, soccer, x-country skiing, volleyball, swimming, track and field, and more;
- * Top-rank intercollegiate action.

Physical Education Services

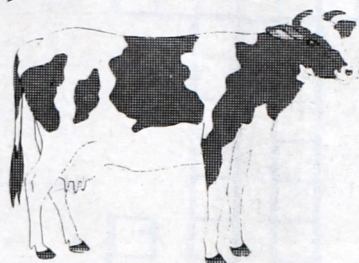
B.F. Avery Physical Education Centre

Ron Larwood, Chairperson; 675-1151, ext. 1020

General Information: 675-1151, ext. 1002

LAURENTIAN UNIVERSITY BOOKSTORE

Attention: STUDENTS



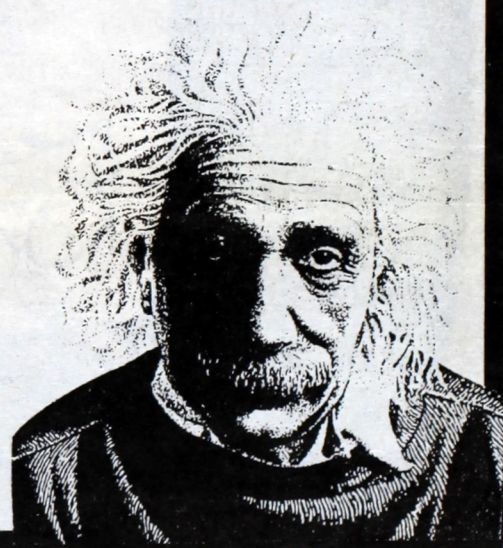
Please, DO NOT write in your books!!!!

** Attend your first classes before writing in your books (not even your name!!)

** We cannot give you a full refund if you do!!!

Einstein says...

You don't have to be an Einstein to figure out that you make friends for life if you participate in *only* the Frosh Week activities that you feel *comfortable* with.



Brought to you by LAMBDA and the Mountain Dew Crew!

L.U. BOOKSTORE Jacket Days

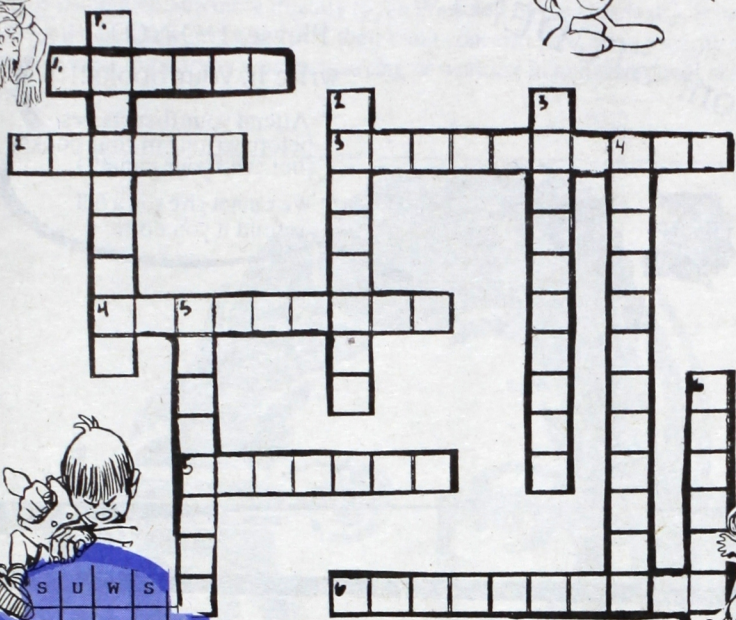
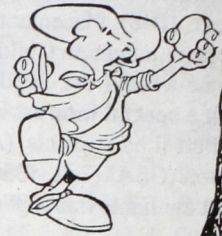
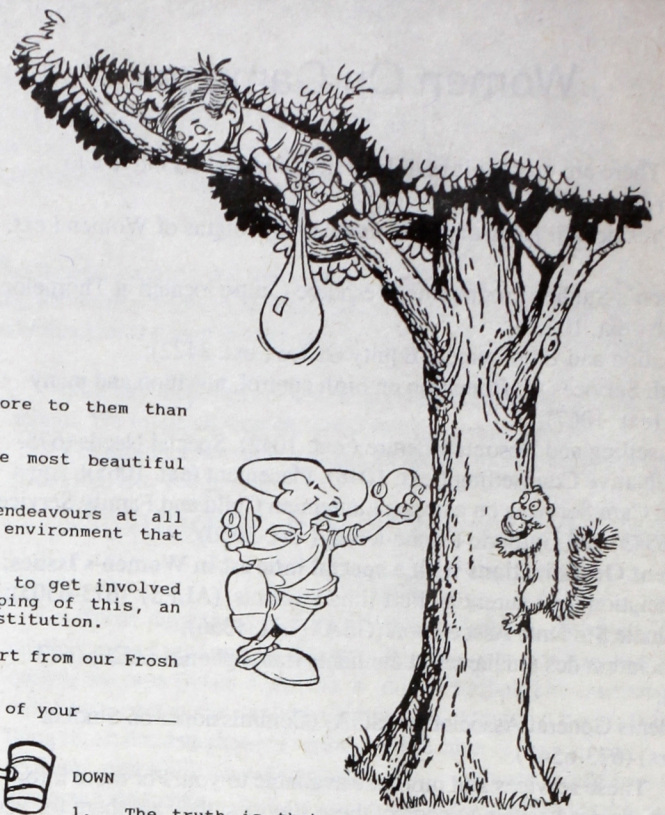
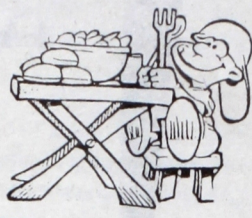
Order Dates: Sept. 30 & Oct 1
Time: 10 a.m. to 3 p.m.
Place: L.U. Bookstore

Prices:

| | |
|----------------|----------------------|
| Leather | \$289.95 |
| Melton Leather | \$195.95 |
| Nylon Jackets | \$54.95 & \$62.95 |

Get your L.U. Jacket!!



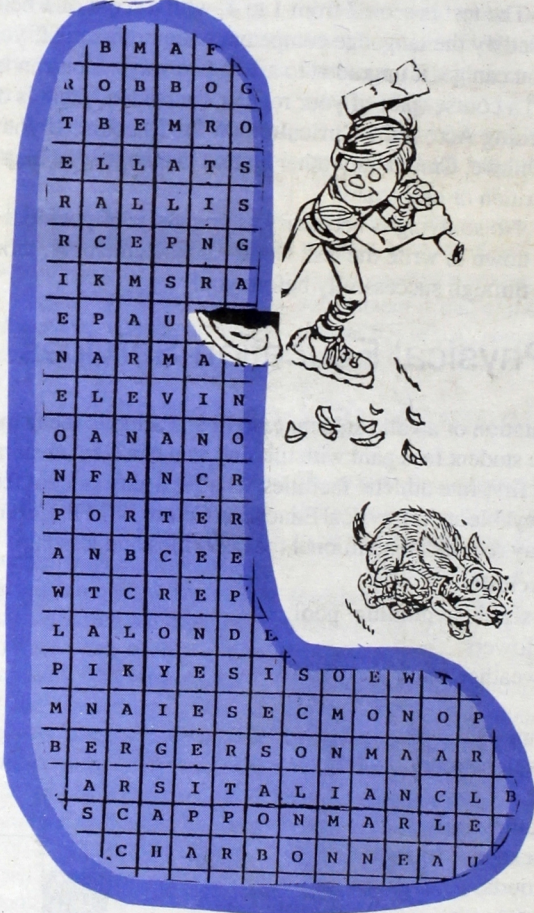
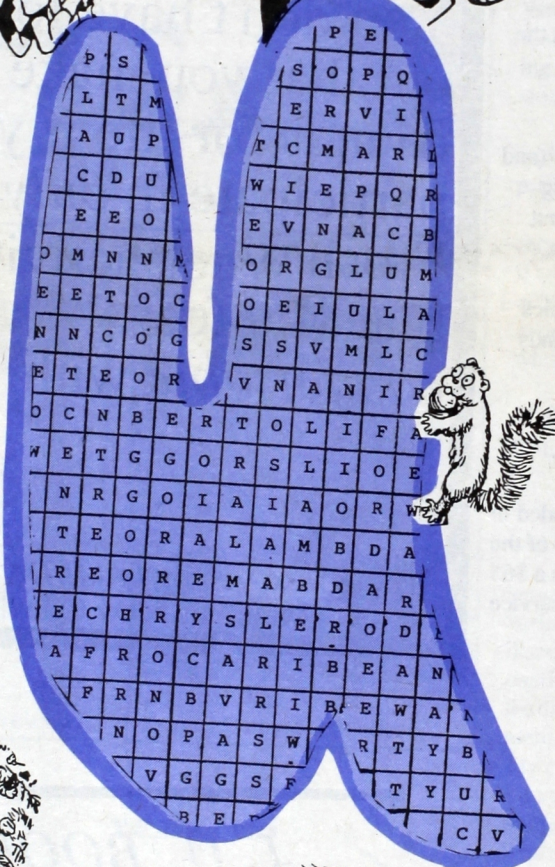
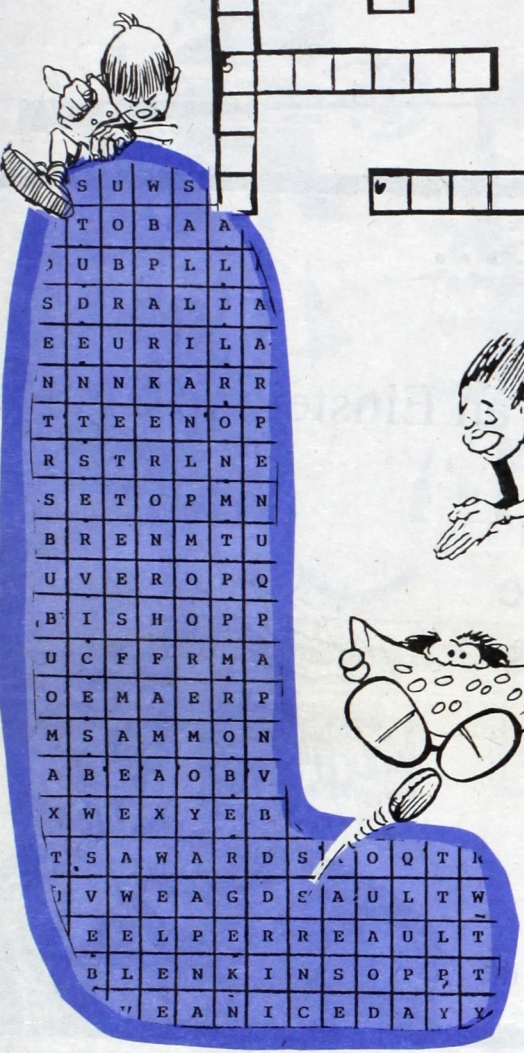


ACROSS

1. Your name will mean more to them than your student _____!
2. Laurentian has got the most beautiful _____.
3. Laurentian _____ endeavours at all times to provide a working environment that is free of discrimination.
4. There are opportunities to get involved and take part in the _____ shaping of this, an _____ and exciting institution.
5. We look forward to support from our Frosh _____.
6. We want to make the most of your _____ at Laurentian.

DOWN

1. The truth is that you are about to be _____ into a subculture...
2. Nothing is a bigger _____ than watching Dr. Jekyll turn _____ into Mr. Hyde.
3. Help in your _____ to University life.
4. Students must never encourage _____ by playing competitive drinking games.
5. I strive to make Laurentian University experience a _____ one for Native students.
6. Feminism is both a _____ and an ideology.



MONICA LAFONTA
PADDY BLENKINSOP
ROSS PAUL
NORMA MACRAE-WARD
THEO RALLIS
GABRIELLE LAVIGNY
SIDNEY BERGERSON
JUDITH MAXWELL
PIERRE ROBERGE
IAN ROBB
ELIZABETH LEVIN
PAUL CAPPON
RONALD CHRYSLER

JANET SAILIAN
JACK PORTER
CHRISTOPHER CULLIFORD
RONALD PERRON
ROMEO BERTOLI
YVONNE ROY
NANCY BELLEMARE
CHARLES ALLARD
MARLENE SAMMON
SUZANNE BRUNETTE
LUC LALONDE
HEATHER BISHOP
EARL BLACK

ALEX MCGREGOR
JANICE SAVAGE
SUZANNE FORTIN
GRANT GOSS
RICHARD TERRIEN
TANYA MOORE
KEVIN PERREAULT
DANIEL CHARBONNEAU
PARKER
UCF
STUDENT AWARDS
GSA
AEF

JGA
LAMBDA
STUDENT SERVICES
PLACEMENT CENTRE
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AIESEC
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ACE
ALPS
LOCS
ISO